










Enjoy these activities that reinforce being healthy and active as a family.

Our Family Healthy & Active

FOR RECIPES, VISIT

<https://go.Illinois.edu/EatMoveSave>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Take an imaginary field trip to the ice skating rink: "skate" across the floor, swirl, balance on one leg, and jump</p>	<p>Plan a meal as a family - everyone gets a say in what is being served. Be sure to offer all 5 food groups - fruit, vegetable, protein, grain, and dairy.</p>	<p>Make paper snowflakes by folding and cutting paper. Talk about how each one is different.</p> 	<p>Have a variety of fruits on hand, make a fruit kabob for a healthy snack.</p>	<p>Stretch your body by trying alphabet yoga. Can you pose like an A, B, C? Can you stretch your body into the first letter of your name?</p>	<p>Looking for a easy warm soup for dinner, try Hearty Vegetable Beef Soup from Eat. Move. Save</p> <p>Website link above.</p>	<p>Think of warm weather - have a beach party. Play catch with a beach ball, pretend to swim, and have a healthy snack on a beach towel.</p> 
<p>Explore a new food today with all 5 senses - sight, smell, sound, touch, and taste. What new food did your family try?</p>	<p>Enjoy Eat. Move.Save.'s Oatmeal Pancakes for a warm, whole grain breakfast.</p> <p>Website link above.</p>	<p>Count backwards while moving: 5 jumping jacks 4 toe touches 3 arm circles 2 high knees 1 spin in a circle</p>	<p>Too cold to go outside, play "I spy" while looking out the window.</p>	<p>Have a movement parade - come up with movements while marching through the house - marching waving hands in the air, march backwards</p>	<p>Wiggle, wiggle - Identify body parts and wiggle them. Wiggle your foot, wiggle your arms, wiggle your toes, wiggle your nose, what else can you wiggle?</p>	<p>Bundle up and enjoy a winter walk. Talk about signs of winter - can you see your breath, no leaves on trees, what else did you see?</p>
<p>Turn on the music, find a scarf, and do a scarf dance.</p>	<p>Be creative and colorful, using crayons or markers draw a picture of your favorite fruits and vegetables. Talk about colors and healthy foods together.</p>	<p>Soups are a way to sneak some vegetables into your family meals. Try Eat. Move. Save.'s Tortellini and Bean Soup.</p> <p>Website link above.</p>	<p>Pretend to be animals that live in cold areas - waddle like a penguin, swim like a seal, stomp like a caribou, walk on four legs like a polar bear</p>	<p>Make your own trail mix by using whole grain cereals, dried fruit, pretzels, and/or crackers from your pantry. What did you put in your trail mix?</p>	<p>Have an indoor snowball fight. Make snowballs out of paper or socks and practice throwing.</p> 	<p>While grocery shopping, allow children to help select fresh fruits and vegetables - aim to pick one new item to try as a family.</p>
 <p>Get help with dinner tonight - have children help set the table with plates, cups, forks, spoons, and napkins.</p>	<p>Getting moving while reading your favorite storybook. Look for action words in the story and act them out. How many actions did you do?</p>	<p>Drink more water today. Try adding some fresh orange slices to add a little flavor.</p> 	<p>Take an imaginary field trip to snow ski: bend your knees and ski down the mountain, jump the ramps, and turn curves</p>	<p>Learn about opposites. Move fast and slow. Move up and down. Move happy and sad. Move right and left.</p>	<p>Have everyone in the family find 3 blue items in the house and host "Show & Tell" with the items.</p>	<p>Looking for a way to sneak some fruit into a sweet dessert - try Eat. Move. Saves.'s Apple Nachos.</p> <p>Website link above.</p>
<p>Bundle up and take a shape walk. Look for items that are different shapes. Did you find something that was a circle, square, and triangle?</p>	<p>Eat. Move. Save.'s Fruit and Nut Granola Bar Clusters are a great snack for families.</p> <p>Website link above.</p>	<p>Cut fruits, vegetables, sandwiches, or other foods into fun shapes to get children excited.</p> 	<p>Being active helps you sleep better, aim for everyone to get 1 hour of physical activity today.</p>	<p>Kids enjoy dipping their food. Offer fresh vegetables with a low-fat dip.</p>	 <p>Play a board game or a card game together.</p>	<p>Please take e a short survey by snapping a picture of this QR code:</p> 

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Illinois Extension: <https://go.Illinois.edu/EatMoveSave>. Illinois at Chicago: <http://cphp.uic.edu>



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