Outdoor Activities for Winter Days

Have you heard of Eat Smart, Move More North Carolina? This program helps people to eat healthy and be active. MyEatSmartMoveMore.com has tips for families. These ideas fit into everyday life. Many North Carolinians have found ways to get moving, get stronger and feel better. Join them!

Plan

• Brainstorm. Get the family together and make a list of activities they enjoy or would like to try. Keep the list handy. Plan activities on most days of the week. You can find a helpful Activity Planner at MyEatSmartMoveMore.com.

• Set goals. Set a weekly physical activity goal. Your goal can be simple, but be specific about what you are going to do. Be realistic about what you can achieve. Then plan the time to reach your goal. Check out MyEatSmartMoveMore.com for ways to get fit 10 minutes at a time.

• Make plans. Physical activity can be a social activity, too. Schedule a time for a walk at lunch with co-workers. Make a date for a bike ride with friends. Set aside an afternoon with family to play at the park.

Play

• There are lots of ways to have outdoor fun even when it is a bit colder. Bundle up and enjoy the fresh air.
  o Plan a scavenger hunt for winter stuff. Find an icicle, a brown leaf or a frozen puddle.
  o Climb trees. Trees may be easier to climb once they have lost their leaves.
  o Play touch football. Turn off the college games and start up one of your own.
  o Feed migrating birds. Feed the birds as they rest on their way to warmer climates.
  o Take a walk. See how different your neighborhood looks in winter.

Enjoy

• However you like to move, just do it! Pick something that you and the kids enjoy. Research shows that people stick with the activities that they like to do.