



JANUARY

National Family Fit Lifestyle Month

Cold out? Raining? Snowing? Too hot? Don't let the weather slow you down!

1

Download and send these fun indoor activities at <http://5210.psu.edu/wp-content/uploads/2017/04/1January5210HC.pdf> to spread the word on how to get at least 1 hour of physical activity!

Post to your social media sites!

2



Don't let the weather keep you from getting your 1 hour! Get active and use some ideas at <http://ow.ly/Ed6X7> for creative indoor physical activities. #5210HC To learn more about 5210 Healthy Children, visit 5210.psu.edu



Cold out? Raining? Too hot? Check out fun indoor activities at <http://ow.ly/Ed6X7> to get your 1 hr of physical activity! #5210HC

Participate in the 5210 Challenge of the Month!

3

Join the *Presidential Active Lifestyle Award* Challenge! Go to <https://www.hhs.gov/fitness/programs-and-awards/pala/index.html> for details, post pictures to your favorite social media site, and tag #5210HC. Visit <http://psu5210.staging.wpengine.com/wp-content/uploads/2017/09/01january5210hc-challenge.pdf> to learn more!