

# Winter Blues

## 5210 Introduction

We know physical activity is important and offers a lot of health benefits. But it can be a challenge to get enough exercise during the winter months. Start by being a role model and give your children opportunities to enjoy the cold weather. Check out the activities below to give you a head start on your winter physical activity fun!

#getmoving  
#physicalactivityinwinter  
#5210HC



## Post to Social Media

Just copy, paste and post!



With the winter-like weather in full swing, now is the time to arm your family with some strategies to keep them moving! Check out our list of activities to help keep your family moving all winter long <https://bit.ly/2pNuDMA>! To learn more about 5210 Healthy Children, visit [5210.psu.edu](http://5210.psu.edu)!



Burr...It's cold outside! It's never too late to get in your ONE or more hours of physical activity in. So get up off the couch and check out our list of activities to stay active all winter long <https://bit.ly/2pNuDMA>! #5210HC #getmoving

## Choose a Challenge

### Stay Active Through Winter

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Stay-Active-Through-Winter-hc.pdf>

### Build a Snowman Contest

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Build-a-Snowman-Contest-hc.pdf>

### Get Sporty!

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Get-Sporty-hc.pdf>

### Winter Scavenger Hunt

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Winter-Scavenger-Hunt-hc.pdf>

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)