



Weekend Warriors

5210 Introduction

After a busy working week, Saturdays and Sundays give families the opportunity to unwind and relax in each other's company. Start incorporating more physical activities into your weekends. Whether it's sporting games, hiking, biking or even fun games there is always some sort of fun to be had no matter if your indoors or outside. Check out the challenges below and get started on your next weekend!

#intshealth
#weekendwarrior
#5210HC



Post to Social Media

Just copy, paste and post!



After a long week of work, too many of us enter the weekend without plans and end up watching TV or sitting on the couch. Start becoming a weekend warrior with your kids and get at least ONE or more hours of physical activity in. Check out these fun nighttime outdoor games <https://bit.ly/2DbkG1L> and let us know what your weekend warriors enjoy playing the most. To learn more about 5210 Healthy Children, visit 5210.psu.edu!



Reclaim your time off with these effortless weekend warrior activities that the whole family can enjoy whether your stuck inside or outside! <https://bit.ly/2HT8HLU> or <https://bit.ly/2DbkG1L>
#5210HC #instahealth #weekendwarrior

Choose a Challenge

Fun/Silly Moving Games Indoors

<https://5210.psu.edu/wp-content/uploads/2018/10/Fun-Silly-Moving-Games-Indoors-hc.pdf>

Nighttime Outdoor Games

<https://5210.psu.edu/wp-content/uploads/2018/10/Night-Time-Family-Fun-Outdoors-hc.pdf>

Kite Flying

<https://5210.psu.edu/wp-content/uploads/2018/10/Kite-Flying-hc.pdf>

Ice Skating Games

<https://5210.psu.edu/wp-content/uploads/2018/10/Ice-Skating-Games-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](#)

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS