

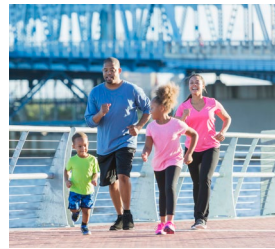


# National Family Fit Lifestyle Month (January)

## National Family Fit Lifestyle Month

Download and distribute National Family Fit Lifestyle Month ideas to get families healthy! You can access documents here: <https://bit.ly/2Sa6g7j>

**#FAMILYFITLIFESTYLE**  
**#5210HMC**



## Post to Social Media

Just copy, paste and post!



Don't let the weather keep you from getting your 1 hour! Get active and use some ideas at <https://bit.ly/2T6rHKY> for creative indoor physical activities. #5210HMC To learn more about 5210 Healthy Children, visit [5210.psu.edu](http://5210.psu.edu)



Cold out? Raining? Too hot? Check out fun indoor activities at <https://bit.ly/2T6rHKY> to get your 1 hr of physical activity! #5210HMC

## Choose a Challenge

Do the PALA Challenge

<http://5210.psu.edu/wp-content/uploads/2017/09/01january5210hmc-challenge.pdf>

Art in the Winter Garden

<https://5210.psu.edu/wp-content/uploads/2019/02/Art-in-the-Winter-hmc.pdf>

10 Tips to be an Active Family

<https://5210.psu.edu/wp-content/uploads/2019/02/10-tips-to-be-an-active-family-May-hmc.pdf>

Let's Move... Cold Weather Fun!

<https://5210.psu.edu/wp-content/uploads/2019/02/Lets-Move-Cold-Weather-Fun-hmc.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