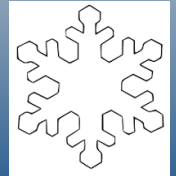




Fun Winter Activities To Do TOGETHER



Sledding:

Head to your Local Park or sledding hill with a sled or inner tube and ride on down the slope. Many cities have designated tubing hills. Climbing a hill with your sled in tow offers plenty of exercise and your kids won't even know it. If you don't have a sled, don't fret. No high-end, fancy sleds needed a simple inner tube works great!

Build a snowman:

Or make a whole family of snowmen and women. Rolling up balls of snow is sure to work out your kids' arms, legs, and imaginations. Top it all off with a carrot nose, scarf, and top hat.

Snowball fight:

Choose sides, set up base, and let the snowballs fly. Dodge and maneuver your way to better positions. You can adjust this to a game of capture the flag. Just make sure the kids use soft balls of snow, free of rocks, ice, and debris—and faces are off limits.

Shovel the driveway:

At the end of all that snow play, you can incorporate even more physical activity by having your kids shovel the driveway and front walkway. Chores are chores. Treat them to some healthy snacks when they've finished.

Snowshoeing:

Dress warm and explore the local wilderness. Check your local nature centers and state or national parks for trails. For heavily snowed areas, you can purchase snowshoes at stores such as Ocean State Job Lot, Dick's Sporting Goods, and Walmart, which help distribute your weight over a larger surface area to prevent you from sinking into the snow. Many national parks offer snowshoe rentals during winter seasons.