

December 2024

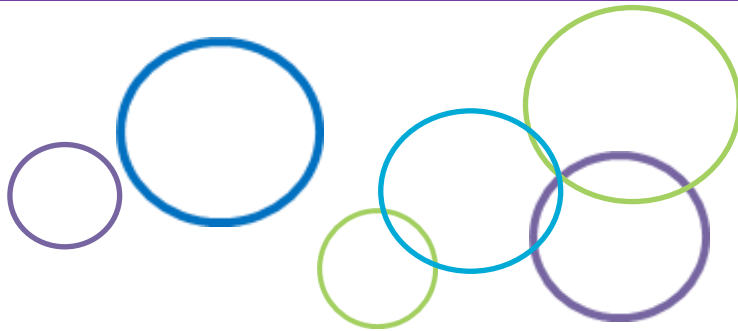
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Protein Power Shakes

Looking for a quick, healthy snack or breakfast idea? Try these ideas for a protein shake that is super yummy! From a variety of fruits to chocolate and even tofu, these shakes add a little extra protein without empty calories. There are 5 recipes in this article—give them a try!

[Healthy Protein Shake Recipes](#)



H2O 4 U

Did you know that it is essential to drink water in the winter? As temperatures starts to drop and the outside air becomes drier, we start using our furnaces again. Additionally, the furnaces in our house makes the inside air warmer and drier! This dry air can affect our skin, hair, and bodies causing the to be a little drier than they are the rest of eh year. Be sure that you are drinking about 8 cups of water every day even in the winter. It may be helpful to create a chart or download ap that will track your water intake throughout the week.

Zumba Party!

It's time to make physical activity fun! Zumba is a form of Latin-inspired dance exercise that gets you up and moving to the music. The YouTube channel below contains many video with songs kids will know and easy moves. Invite your friends and make it on big party!

<https://www.youtube.com/c/ZUMBAwithDovydas>

Explore!

We have some fun exploring to do this month!

- Winter Scavenger Hunt: print off sheets online and see how many different thing you can find
- Take a walk & see the Christmas Lights: going for a simple walk is a great way to get active and you will be able to see all the beautiful lights each house has. Oh– and don't forget to bundle up!
- Christmas Tree Farm: There is no better way to get in the holiday spirit than visiting a local Christmas tree farm. Here, you can spend time with friends and family, creating long-lasting memories and completing fun activities.
- Ice-skating: This activity is another great way for you to have fun while also getting a workout in! Be sure to wear your safety gear!

Winter Favorites

December is a month full of traditions, holidays, family time, and fun! Many of the activities in this month's calendar get you in the spirit of the holidays. While these activities are fun, they also get your body moving. Below is a list of winter month activities that you can do to keep active! Remember to always dress according to the temperature.

- Play in the snow
- Tubing
- Sledding
- Snowball fight
- Skiing
- Ice-skating
- Build a snowman
- Caroling
- Build an igloo

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



Mindfulness Moment

A mindfulness moment is a brief period when you pause to focus your attention fully on the present. It's an opportunity to let go of all distractions and become aware of your thoughts, feelings, and surroundings without judgement. This practice often involves deep breathing, grounding techniques, or simply observing surroundings. Taking mindfulness moments throughout the day can help reduce stress, improve focus, and foster a sense of calmness.

Try some of these techniques for your mindfulness moments:

- Deep breathing: focus on deep inhales through your nose, count, and let go out your mouth slowly
- Gratitude practice: think of three things you are grateful for in the present moment
- Mindful walking: take a slow pace walk, focusing on your walking rhythm and surroundings
- Visualization: close your eyes and imagine a peaceful place while thinking of colors, sounds, smell to immerse yourself in the scene
- Stretching: Perform a simple stretch like touching your toes or rolling your shoulders to relax



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