

February 2025

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Calcium: It Does a Body Good

Calcium is a mineral found in some foods and drinks. Calcium helps to build strong bones and teeth.

The United States Department of Agriculture (USDA) states most young people should drink these amounts of milk:

1-3 years of age: 2 cups per day

4-8 years of age: 3 cups per day

Preteens and teens: 4 cups per day

Other foods that contain calcium are: yogurt, smoothies (made with milk, yogurt and fresh fruit), cheese, kale, broccoli, cottage cheese, almonds and pinto beans.

Warm Up Stretches/Cool Down Stretches

It's important to warm up before a workout to get your body ready to go and to prevent injury. It is just as important to give your body a chance to cool down with light activity and longer stretches after a hard work out. Let's start and end the month with this warm up and cool down routine.

Skips	Warm up: Do each move
Side shuffle	for 30 seconds. Repeat
Knee to chest stretch	the sequence 3 times.
Overhead and side reach	Cool Down: Do each move
Arm swings and circles	for 30 seconds going a little
Leg swings	slower than the warm up.

Build a Better Breakfast

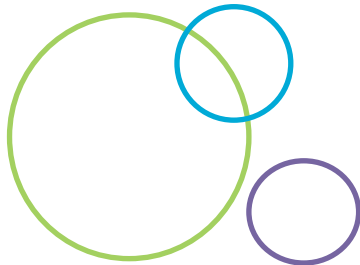
Breakfast is important! It gives you energy to start your day by "fueling" your body! It can help you to focus on work or school. It can help you to feel and act your best. If you are not super hungry in the morning, try something small like a cup of yogurt with fruit or a trail mix with raisins, nuts and cereal. Breakfast doesn't have to be complex. Keep it simple: Oatmeal with applesauce and milk, a waffle or pancake with fruit (blueberries work well), an English muffin with a slice of ham, egg and cheese. Try to choose whole grains when possible!

Unplug

TV and other electronic devices can get in the way of learning, exploring, playing, sleeping and interacting.

Healthy screen time means:

- No TV in the room where the child sleeps
- No TV or computer under the age of 2
- One hour of educational TV or computer time between the ages of 2 and 5. After age 5, two hours or less per day.



Chocolate Snacks

It's February, so that means Valentine's Day! What do people often like to eat on Valentine's Day? **Chocolate!** Here are some easy and healthy recipes to help you incorporate chocolate this month!

Dark Chocolate Fruit and Nut Power Pops

[DARK CHOCOLATE POPS -- Easy, healthy sweet treat for energy.](#)



Banana Pudding with Shaved Dark Chocolate

[7 Healthy Dark Chocolate Recipes That Taste Totally Indulgent](#)



Black Bean Brownies

[Black Bean Brownies - \(No Flour Required!\)](#)



Dark Chocolate Raspberry Truffles

[Dark Chocolate Raspberry Truffles | Amy's Healthy Baking](#)



Super Bowl Circuit

It's the Big Game! Before you try out all those yummy Super Bowl snacks, get in a little activity first. Try these exercises- which are also drills many football teams use in practice. Do each exercise for 30 seconds. Repeat the circuit 3 times.

High knees Toe Touch straight kicks
Jumping jacks High-knee walking lunges
Backward walking lunges

Now it's time to watch some football!

Try It Out!

YOGA

Yoga and mindfulness have been shown to improve both physical and mental health in school-age children ages 6-12 and can be beneficial to many ages. Yoga can help build strength and flexibility, improve focus and attention span, and reduce stress and anxiety.

Start simple and make it fun. Choose a different theme each week like artic animals or superheroes and make poses like you think these animals or superheroes might do or look on-line for a family yoga session.

[Yoga for Kids! - YouTube](#)



Blank Children's Hospital
UnityPoint Health

A department of UnityPoint Health - Des Moines - Iowa Methodist Medical Center

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