

Be a Friend/Be a Hero

There's a  
Hero in You

You are  
Brave

You are  
a Role  
Model

December 2020 Newsletter

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## Wintertime Family Fun

As the days get shorter and the temperatures get colder, our families are spending more time indoors. While this presents opportunities to spend time together, it is still important to remain physically active in the winter months. Read on about the benefits of exercising in the winter months and for fun ideas to get the whole family moving! Remember to wear appropriate warm clothing including hat, scarf, mittens, winter coat and several layers of loose-fitting clothing. Also, wear a mask when around people from outside your household. Remember to go inside to take warm up breaks often!

### Outdoor Exercise

While you might be tempted to halt outdoor activity during the cold season, but exercise in cooler weather has some advantages.

- **No humidity to deal with** – The winter chill may even energize you!
- **You may be able to work out longer** – You can burn more calories as you are less likely to overheat.
- **It's a great way to take in the sunlight in small doses** – Vitamin D is an essential nutrient that our bodies make naturally when exposed to sunlight. However, if you are out for extended periods of time, be sure to wear sunscreen with an SPF of 10 or more to limit exposure and risk of skin cancer.
- **Exercise boosts your immunity during cold and flu season** – Even a few minutes outside can help prevent simple bacterial and viral infections according to the Centers for Disease Control and Prevention.

Our communities have many options to get your family out and about during this winter season. Here are some ideas for the whole family.

- **Ice Skating** – Lace up your skates and get out on the ice! Try out ice skating as a family at [Nibco Water & Ice Park](#) in Elkhart, [Howard Park](#) in South Bend, and [Merrifield Ice Rink](#) in Mishawaka.
- **Cross Country Skiing** is a form of skiing where you move across snow-covered terrain. Your family can rent the necessary equipment at [St. Patrick's County Park](#).
- **Innertubing** is a snowy activity in which one rides a tube going downhill. Try this winter recreation at [St. Patrick's County Park](#) in South Bend.

### Indoor Activities

During days when the weather is not suitable to play outside, it is helpful to have some engaging indoor activities on hand. Check out these cool ideas to get the whole family involved!

- **Holiday Movies** – As the family spends more time at home, now is the perfect time to bring the family together for a movie night. This is a prime opportunity to share your favorite holiday films with your family and vice versa. Check out [this list](#) of holiday movies for inspiration.
- **Giant Marbles** – Decorate the exterior of your home with colorful ice marbles. Fill balloons with water and food coloring. Tie up the balloons and place outside when the temperature is at freezing or below. Safely use a knife to cut the balloon off your frozen ice marble.
- **Indoor Camping** – While the cold may keep you inside, that doesn't keep the family from spending quality time together. Involve the kids in building a tent or fort out of chairs, blankets and pillows. Prepare camping food like s'mores or hotdogs. For more ideas, check out [this post](#) from HGTV.
- **Homemade Snow Globes** – Bring some of the wintry weather inside with this craft. Glue figurines to the lid of a mason jar and fill the glass with water and glitter. Tighten the lid to the glass and enjoy your homemade winter wonderland. Check out this [step-by-step guide](#) from PBS.