

Name \_\_\_\_\_



# LET'S MOVE!

MISSOULA

www.5210missoula.com



## 25 WINTER FAMILY FUN ACTIVITIES—ON A BUDGET!



**5 Fruits & Veggies**



**2 Hours or Less of Screen time**



**1 Hour or More of Physical Activity**



**0 Sugary Sweetened Beverages**



**Wild**

Make “ants on a log” with celery, peanut butter, and raisins.	Check out a Holiday book from the library.	Pick one activity from the 5210 calender at 5210Missoula.com.	Drink a glass of water with each meal.	Draw a “Go Griz” banner for your window.
Make homemade applesauce - serve warm!	Turn off screens for one whole Sunday!	Take a family walk to the park and make snow angels.	Add some fruit to your water like berries, cucumbers, or limes.	Build a snowman in your front yard for neighbors to enjoy.
Have a family picnic in your living room. Have one fruit and one vegetable.	Create paper snowflakes and hang in your window.	Build a snow fort.	Try skim milk instead of whole milk.	Play board games on a Friday night.
Make a warm vegetable chili.	Make Holiday greeting cards for friends and neighbors.	Go to your favorite hill and sled with friends.	Drink a cup of warm, non-sweetened tea.	Try no screens (TV/phones/video games) for two nights. Parents too!
Try a new vegetable such as winter squash or cauliflower.	Visit the EmPower Place or SpectrUM and learn about science.	Create a 10 minute fitness challenge to do inside (jumping jacks dance-off).	Go one weekend without any soda, juice, or sports drink.	Visit Greenough Park and discover a winter wonderland.