

FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”



Moving During Winter!

It is so easy, during these cold months, to want to curl up on the couch and read a book or watch TV. It is important, however, that we make an effort to keep our family healthy and active during this time. Outdoor activities can be difficult because of the weather, but there are plenty of indoor activities that you can do to stay fit. Many times children will want to play video games instead of being active. In an article, *25 Exercise Game and Fun Indoor Activities to Get Kids Moving* by Mommy Poppins, she encourages parents to encourage their children to be active indoors by providing some fun activities in which the children may not even realize they are being active and exercising their bodies. Here are 10 of my favorite activities on her list that do not require a lot of time or money in order to set up:

- Headstands – Great for your core muscles and gets blood going to the brain.
- Balloon Ball – There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch.
- Wheelbarrow, Crab and Bear-walk Races – These tough positions mean you get a real workout.
- Animal Races – Hop like a bunny or a frog, squat and waddle like a duck, etc.
- Obstacle Course – Create a furniture course in your house/apartment.
- Jumping Jacks – Simple, but good, for coordination and they get your heart going. (This can even help tire out children who aren't sleepy. 😊)
- Clean-Up Race – Set a timer or put on a song and see who can clean the room(s) the fastest.
- Pillow Fight – No explanation needed.
- Sock Skating – If you have hard floors, put on socks and skate around. See if you can do spins or see who can slide the farthest. Make sure to move furniture, etc. out of the way first.
- Popcorn Pushups – Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each push-up.

These are just a few ideas to help your children stay active even when it is too cold to get outside to run and play. Use these ideas or allow your children to come up with some on their own. Don't forget that our goal for this year is for every child to log a minimum of 100 fitness units. Don't let the winter months keep you and your family from moving!

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2014-2015 Fitness Coordinator

