



This information is presented by the
City of Bloomington Parks and Recreation Department,
Bloomington Hospital, and the Active Living Coalition.

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City of Bloomington Parks and Recreation

Our mission is to provide essential services, facilities and programs necessary for the positive development and well-being of the community through the provision of parks, greenways, trails and recreational facilities while working in cooperation with other service providers in the community in order to maximize all available resources.

Bloomington Hospital

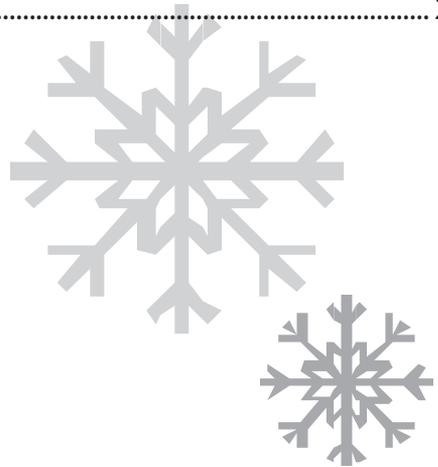
Our mission is to provide comprehensive, high-quality, cost-effective and caring services to the people of south central Indiana.

The Active Living Coalition

The Active Living Coalition strives to increase the number of people in Monroe County who engage in healthy, active lifestyles by working together to present community events, conduct research, offer networking opportunities, and provide heart-healthy programs for all ages.

Get Winter Active!

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Introduction

Physical activity is important at any time of year, and can be a fun thing to do with friends or as a family. By participating in physical activity and making healthy decisions, parents can be good role models and motivate their children to do the same.

If you or your family have not been active already, start slowly with an activity you like to do. Replace screen time with walking the dog, skating, sledding, etc. Children should accumulate 60 minutes of moderate physical activity a day, so make this your goal!

Winter in Bloomington offers many opportunities to get up, get out, and get active! Included in this Winter Active package are physical activity guidelines for children and adults, activity logs, snow games, indoor games, resources, and much more!

***Don't hibernate ...
participate!***



How much activity do I need?

The American College of Sports Medicine (ACSM) defines physical activity as bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure.

ACSM says that adults can reap significant health benefits by including a moderate amount of physical activity for 30–60 minutes on most, if not all, days of the week.

ACSM recommends that children accumulate at least 60 minutes, and up to several hours, of physical activity on all or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of time spent in activity that is intermittent in nature. Children should also participate in several bouts of physical activity lasting 15 minutes or more each day. Children should participate in age-appropriate activity to achieve optimal health, wellness, fitness, and performance benefits. Extended periods (two hours or more) of inactivity are discouraged, especially during daytime hours.

***Get up, get out,
and get active!***



Active families

Parents are role models. Embracing a healthy lifestyle and making health-conscious decisions can be a positive experience for the entire family.

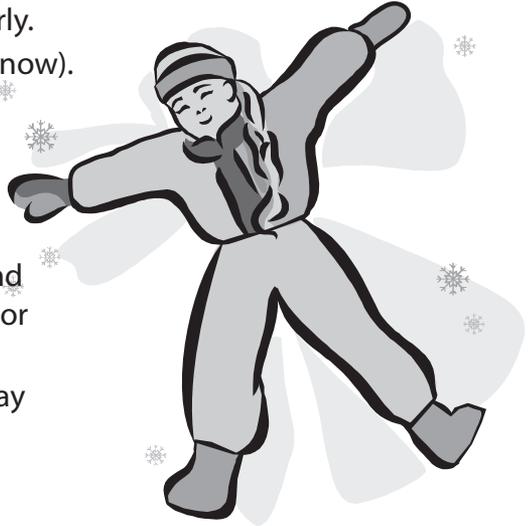
Get moving

- 👍 Plan family physical activity time that is fun for everyone. Invite friends and neighbors.
- 👍 Start with activities that your children like, even if the activity doesn't require a lot of energy (e.g. bowling), then gradually introduce higher-energy activities.
- 👍 Get your children involved in lifelong skills such as swimming, skating, dancing, hockey, soccer, cycling, baseball, tennis, martial arts, and more!
- 👍 Use active transportation, like walking to the store, whenever possible.
- 👍 Decrease inactive time in increments (e.g. 30 minutes a day).
- 👍 Involve children in household activities like shoveling snow, vacuuming, or sweeping.
- 👍 Provide toys that promote activity. Balls, jump ropes, bikes, hula hoops, etc. are great to have around.
- 👍 Encourage variety in your activities. Wash the car, walk the dog, shovel the sidewalk, work in the garden, rake leaves, etc. These are great alternatives to organized sports.
- 👍 Limit screen time to one or two hours a day.
- 👍 Make physical activity normal, fun, social, and positive instead of something that has to be scheduled into your daily routine.
- 👍 Be positive, encouraging, enthusiastic, and set examples.
- 👍 Take small steps toward larger goals and don't be discouraged by road blocks along the way!



50 Ways to Leave Your Sofa

1. Pull on your boots—walk to work or school.
2. Go bowling.
3. Challenge your neighbors to a snowman-making contest.
4. Start your spring cleaning early.
5. Play “snoccer” (soccer in the snow).
6. Walk a dog.
7. Make snow angels.
8. Take a hike and on your local trails.
9. Join a dance class with a friend or partner. Try hip hop, salsa, or belly dancing.
10. Make shovelling your driveway a family affair. Warm up first!
11. Check out a local museum or tourist attraction.
12. Visit your local recreation center for basketball, volleyball, or badminton.
13. Build a snow fort or igloo (without a roof).
14. Take a heart-pumping walk for 30 minutes.
15. Play snowman tag.
16. Play outdoor hockey.
17. Turn on the radio and dance!
18. Rent cross-country skis or snowshoes.
19. Go swimming at your local indoor pool.
20. Action TV: Do sit-ups, jumping jacks, or climb stairs during commercials.
21. Make a snowman or snow sculpture.
22. Rediscover your local park this winter.
23. Grab a helmet and go tobogganing.
24. Bundle up and go birdwatching.



from couch potato to active spud

25. Check out an indoor walking track or mall-walking program. Invite an elderly neighbor.
26. Get your feet wet! Take an AquaFit class or try water running.
27. Try a new winter activity, such as curling or broomball.
28. Enjoy public skating.
29. Have a picnic in the snow.
30. Walk to the library and get a book.
31. Go window shopping.
32. Turn off the TV and video games. Go outside and play!
33. Take the blankets off the bed and play parachute games.
34. Learn some new moves: try tai chi or tae kwon do.
35. Rent or borrow a yoga or Pilates video.
36. Have a ball in the snow—throw, catch, kick or roll!
37. Have a family game of Twister.
38. Organize a scavenger hunt.
39. Enroll your children in team sports and volunteer to coach.
40. Vacuum with vigor!
41. Toss a Frisbee in the snow.
42. Take a moonlight or flashlight walk in the evening. Go stargazing.
43. Take a sneak peek at spring. Visit an indoor garden.
44. Organize a game of “snow pitch”.
45. Put a new spin on tobogganing: try snow tubing.
46. It’s all down hill from here. Strap on your downhill skis or try snowboarding!
47. Build an ice rink. Host a backyard skating party.
48. Play a game of ringette.
49. Do some stretching exercises.
50. Run through the snow. Jump into snow banks!

Remember to wear the proper safety gear!

Snow Games!



Dogsled Pull

Teams must pull each team member on a toboggan around an obstacle course. Those pulling are the “dogs”. Build the obstacle course using snow, pylons, etc.

Hopscotch in the Snow

Use a spray bottle filled with water and food coloring to outline a hopscotch board on the snow. Throw a snowball into the first square, hop over it, then hop into every square up to number 10. On the way back, stop to pick up your snowball. Now toss the snowball into number three.



Winter Treasure Hunt

Objects are hidden in the snow. Each team is given a map explaining approximately where to look for the treasures. After 30 minutes, ring a bell and the team with the most treasures is declared the winner.

Fox and Geese

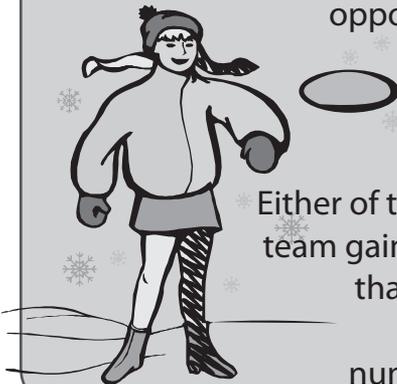
- ❄ Tramp down the snow to make a big wheel and a hub (looks like a wagon wheel with a big center).
- ❄ One person is the fox, and the rest are geese.
- ❄ The fox tries to catch the geese, and the first one caught becomes the fox.
- ❄ If a goose steps off the path he/she then becomes the fox.
- ❄ The only safety for the goose is in the hub, but no more than two geese in the hub at a time.



Ultimate Frisbee (or Ultimate Ball)

You need a Frisbee or medium-sized ball, at least 10 people, and a playing area of 30' x 50' to play. The object of the game is for a team to make five passes in a row without having the Frisbee dropped or knocked away.

Start by having all players scatter throughout the playing area. Each player is assigned to guard one player on the opposite team. The player with the Frisbee cannot take more than three steps and cannot hold the Frisbee more than five seconds.



Either of these violations results in the opposite team gaining possession of the Frisbee. A team that makes five successful catches scores one point. The team with the highest number of points at the end of play wins!

Snowling (the snowy version of curling)

Set up an object at one end of the yard, driveway or field.

Take turns sliding the snowling rocks (a block of ice in a margarine container) at the target.

Name Tracks

In fresh snow, help your child build a snow trail using the letters in his/her name.



Starting with the first letter of the name, use small steps or hops to spell out each letter. Jump from letter to letter.

Capture the Snowball

Participants are divided into two teams. Divide the playing field in half with a line to show the halfway mark. Each team builds a snowman and a snowball is placed on top. Members of each team try to cross the halfway mark in order to get the other team's snowball, without getting tagged by the other team.

If tagged, they must go to a temporary jail at the halfway mark until a teammate sets them free by touching them.

The game is over when a team successfully takes the other team's snowball over the half line.



Snoccer (soccer in the snow)

Use a softer ball so it does not become too hard in the cold.



Snow Boot Two-Step

One person walks in the freshly fallen snow. Everyone else has to follow the pattern the first person made. Try to leave only one set of tracks in the snow. Can you do it?



Snowman Tag

- ❄ Pick one person as the freezer and a couple of people as melters. Be sure there are enough melters so that players will be moving most of the time.
- ❄ Identify the freezers and melters with different color scarves around their waists.
- ❄ When a freezer touches a player, they must become a snowman and freeze in place.
- ❄ Melters cannot be frozen, but rather work to thaw the snowmen as quickly as possible by touching them.

No snow!

If there is no snow, head outside and try these games!

- Hopscotch—have the kids draw on the sidewalk with chalk and hop, hop, hop away!
- Bottle Bowling—fill 10 two-liter bottles with water, find a ball, and set up your very own winter bowling lane. Each player can roll the ball twice to knock down the “pins”.
- Jump rope!
- Play tag!
- Make an obstacle course with household items.
- See how many jumping jacks your children can do! Set goals for improvement.
- Take the dog for a walk.
- Hit the trails! Take the family on a winter wonderland hike on one of Bloomington’s many trails. See our resources page in this guide for more information.



Indoor games for children

Ice Fishing

Supplies: Blue sheet or cardboard
Painted blue dowel sticks
String
Clothes pins

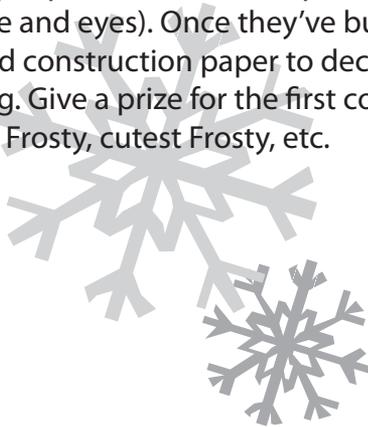
Hang sheet or cardboard from ceiling. Construct fishing pole by tying one end of the string to the dowel and tying the other end of the string around the clothes pin. You may want to glue gun them in place so they don't slide off.

How to Play: A parent stands behind the sheet/cardboard with a basket full of little goodies or gifts to attach to the clothes pins. Kids cast their fishing lines over the "ice" and know that they've caught something when they feel a tug on their line.

Frosty

Supplies: A roll of toilet paper for each team
Sheet of orange, black, red and yellow construction paper for each team
Hat for each team
Scissors for each team

How to Play: Have several teams of four or five children. When you say, "Go," they should wrap one of the people on their team up in toilet paper (leaving an opening for nose and eyes). Once they've built their "Frosty" they can utilize the hat and construction paper to decorate him with. Put a time limit on decorating. Give a prize for the first completed Frosty, most unique Frosty, ugliest Frosty, cutest Frosty, etc.



Shoe Box Relay Race

Supplies: Tootsie Rolls (one for each child)

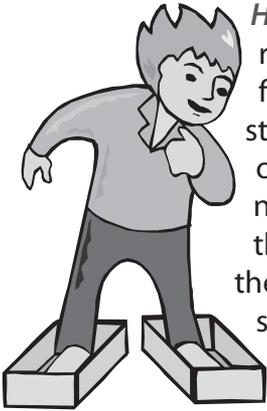
Shoe boxes for each team

Bell for each team

Two mittens for each team

Two bowls for each team

Place Tootsie Rolls in a bowl at the opposite end of the room. Hang a bell from the ceiling over the bowl.



How to Play: Divide the children into two or more relay teams. Explain that when you say, “Go,” the first person on each team will put on the mittens, step into the shoe boxes and race to the other end of the room where they will ring the bell with their nose. They are then to pick up a Tootsie Roll out of the bowl and race back to their team still wearing their mittens and shoe boxes. Pass the mittens and shoe box to the next person in line, sit down, eat your Tootsie Roll. The first team to finish eating wins!

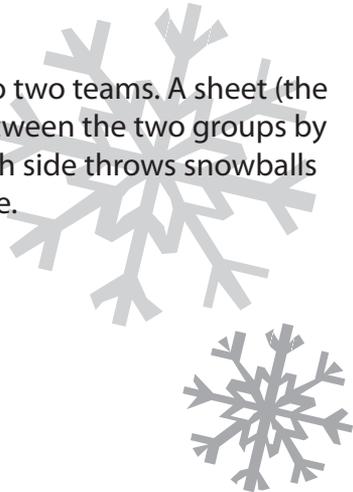
Snowball Over the Mountain

Supplies: Sheet

White balloons blown up

Four adults to help

How to Play: Children are divided into two teams. A sheet (the mountain) is held above eye level between the two groups by the four adults holding each end. Each side throws snowballs (white balloons) over to the other side.



Winter Pictionary

Supplies: Black board and chalk or dry erase board and markers

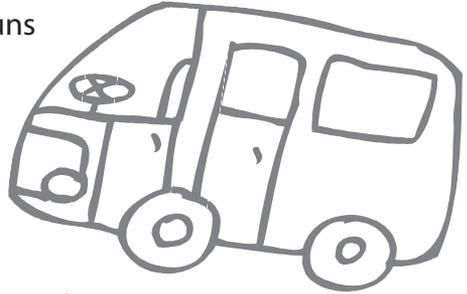
Slips of paper with a different winter items on each one—
such as mittens, coat, candy cane, snowflake, etc.

Winter-themed bowl or stocking to draw from

Timer

How to Play: Divide into teams. The player up draws a slip of paper from the stocking, reads it silently and hands to an adult. The player must then draw clues as to what was on their paper and by so doing get their team to say what it is. If the playing team guesses correctly, before the timer runs out, they get two points.

If the playing team cannot guess correctly, before the timer runs out, the opposing team may take one guess. If the opposing team guesses correctly they get a point and the playing team loses a point. Most points wins.



For small children don't divide into teams, use a timer or keep track of points. Just play until someone in the class yells out the right answer.

Snowball Relay Race

Supplies: Styrofoam ball for each team

Pencil for each team

How to Play: Divide into teams. First child on each team will be given a styrofoam ball (snowball) and a pencil. On your mark they are to bend over, place the ball on the floor, and push the ball with the pencil across the room, around an obstacle, and back to next child on team. First team to finish wins.

Snowball Throw

Supplies: A line drawn or taped on the floor

Tissue paper to crumple into balls

How to Play: Set a time for two or three minutes. Yell, “Go!” Each team throws their tissue paper snowballs back and forth across the lines. When the timer goes off, the team with the least amount of snowballs on their side wins.

Gotta Dance

Dancing is a great way to release some energy and dismiss the winter blues. Your kids might think that you’re crazy at first, but when they see how much fun it is, they will join right in. Put on some upbeat music—even the radio will do if it is the right song. Then let loose and dance for about 15 minutes. If you have children that are reticent to join you in your dance fest, invite them to choose the music or to teach you some moves.



Exercise Videos

With the plethora of exercise videos on the market, it doesn’t much matter if snow or ice covers the road to the gym. You can still fit in a workout! Even parents with young children can manage a short workout via video. Make the children part of the action. But with any video workout, you can encourage your kids to try the routine along with you. It won’t result in a distraction-free, highly effective workout, but you and the kids will have fun and get a little exercise.

Team Time

Gather up the kids and organize an age-appropriate active game: London Bridge, Duck Duck Goose, Balloon Badminton, Musical Chairs, Indoor Bowling, Hot Potato, or Tag. Younger children can roll a ball back and forth. Play indoor sledding with babies by moving them gently around on a quilt or blanket. Anything that gets you and the kids moving will accomplish your goal: to burn energy and lift your spirits. After 15 minutes or so, restore a calm tone by organizing a snack or a quiet activity; otherwise children may escalate their active behavior and remain rambunctious and out of control.

Ten-Second Tidy

Here's an idea that not only gets you up and moving, it also helps you straighten the house. Even toddlers can participate, as long as they are mobile and can understand their assignment. Everyone tackles a room and spends 10 seconds straightening up. Time can be extended to a minute or so, or as long as the kids will go before losing focus. You can provide specific assignments based on the childrens' ages and ability levels, like "Put away as many clothes off the bed as you can," or "Put away 20 Legos before the time goes off."

Make the assignments specific but comfortably challenging, then provide a reward after each short burst of activity. The point is to get the kids—and yourself—moving quickly and productively for a small amount of time.



Winter safety

Here are some tips to keep in mind while your family is enjoying the great outdoors during the winter season.

Outdoor advice

- ✿ Check the weather report and heed precautions and advisories.
- ✿ Practice sun safety and wear sunscreen.
- ✿ Have a first aid kit close by.
- ✿ Take extra care when dusk or evening reduces visibility.
- ✿ Don't overdo activities.
- ✿ Don't touch metal during cold temperatures.
- ✿ Teach children to use caution when throwing snow at other people. Snowballs can contain ice chunks or stones that can cause harm, including damage to eyes.
- ✿ Never bury anyone in snow. Teach children about the danger of suffocation. Never make tunnels in the snow.
- ✿ Don't let children eat snow. Even white snow can contain pollutants from the air, including trace minerals like mercury. Snow can contain windblown soils.
- ✿ Don't venture onto frozen ponds or lakes without an adult first checking the ice.
- ✿ Children should never play on snow piles near parking lots or on the road side.

Wear the gear

- ✿ Dress in layers. It is important to stay warm and dry while enjoying outdoor activities in the winter.
- ✿ When not wearing a helmet, wear a hat and a neck warmer, and keep your ears covered.
- ✿ Make sure that clothes are comfortable. Tight clothing restricts circulation and can increase chances of frostbite.
- ✿ Wear brightly colored clothing so you are easily seen.
- ✿ Goggles that provide sun safety can also protect eyes from cold, wind and snow.
- ✿ Remove all drawstrings from children's snow suits and avoid use of scarves to reduce the risk of strangulation.

Active gift giving

Looking for something new to give as a gift to your loved ones? Try these on for size and get all of your family and friends moving!

Winter Fun:

Skates, snowshoes, skis, sled

Clothing:

Neck warmer, mittens, socks, ear band, running shoes, sport watch, fun hat/visor, bathing suit, goggles, float, sunglasses, sunscreen, reflective sticker

Camping and Hiking:

Compass, tent, backpack, sleeping bag, picnic gear, water bottle

On The Move:

Trail book, map, pedometer, bicycle, tricycle, wagon, jogging stroller, rollerblades, scooter, skateboard

Sporting Equipment:

Various balls, basketball hoop, hockey puck, hockey stick, baseball glove, hat, tennis racquet, Frisbee, jump rope, stop watch, hula hoop



S.M.A.R.T. goal setting

Goal setting is important with any new change that comes along. Goals help establish ways to make challenges easier. Use the following sheet to help your family set and accomplish goals.

Creating S.M.A.R.T. Goals

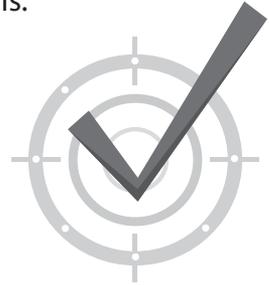
Specific

Measurable

Attainable

Realistic

Timely



Specific—A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six “W” questions: Who, What, Where, When, Which, Why

Measurable—Establish concrete criteria for measuring progress toward each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

Attainable—When you identify goals that are most important to you, you begin to figure out ways you can reach them by developing the attitudes, abilities, skills, and financial capacity necessary. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

Realistic—To be realistic, a goal must represent an objective toward which you are both willing and able to work. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

Timely—A goal should be grounded within a time frame. With no time frame tied to it there’s no sense of urgency. If you want to lose 10 pounds, when do you want to lose it by? “Someday” won’t work. But if you anchor it within a timeframe, “by May 1”, then you’ve set your unconscious mind into motion to begin working on the goal.

Set a S.M.A.R.T. Goal

1. Why do YOU want to increase your lifestyle physical activity?

I want to increase my lifestyle physical activity because

2. What do you want to accomplish? What is your S.M.A.R.T. goal?

I would like to accomplish the following:

3. How are you going to reach this goal?

During the next week, then month, I will do the following:

4. Who can help you?

I can ask the following people for help:

5. What barriers can interfere with your efforts? What kinds of strengths, supports and rewards will help combat those barriers?

Barriers/Solutions:

6. What will be your reward when you reach your goal?

Family activity coupons

Family Activity Coupon



Good for one:
Family Walk

Family Activity Coupon



Good for one:
Snowman-Building Contest

Family Activity Coupon



Good for one:
Sledding Day

Family Activity Coupon



Good for one:
Family Hike at Griffy Lake

Family Activity Coupon



Good for one:
Snow Sport Day

Family Activity Coupon



Good for one:

Family Activity Coupon



Good for one:
Ice Skating

Family Activity Coupon



Good for one:

Family Activity Coupon



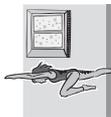
Good for one:
Cross-Country Ski Trip

Family Activity Coupon



Good for one:

Activity log



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Activity Time						
Week 2	Activity Time						
Week 3	Activity Time						
Week 4	Activity Time						
Week 5	Activity Time						
Week 6	Activity Time						
Week 7	Activity Time						
Week 8	Activity Time						
Week 9	Activity Time						
Week 10	Activity Time						
Week 11	Activity Time						
Week 12	Activity Time						

Resources

- ☞ **City of Bloomington Parks and Recreation**
<http://bloomington.in.gov/parks>
- ☞ **Active Living Coalition**
<http://www.bloomingtonhospital.org/OPage.asp?PageID=OTH000194>
- ☞ **American College of Sports Medicine's Guidelines for Exercise Testing and Prescription**, 7th Edition (2006)
www.acsm.org
- ☞ **American Council on Exercise (ACE)**
www.acefitness.org
- ☞ **U.S. Department of Labor, Occupational Safety and Health Administration**
www.osha.gov
- ☞ **Central West Public Health Physical Activity Promotion Network**
www.lin.ca/resource/html/snow_games.pdf
- ☞ **Leeds, Grenville and Lanark District Health Unit**
www.healthunit.org/physact/home/tv_off/50ways.htm
- ☞ **American Heart Association**
www.americanheart.org



