

Tips to keep you children active during the winter months

There's no reason for a child to turn into a couch potato just because of frigid temperatures. There are plenty of things a parent can do to incorporate indoor exercise into his day.

1. Exercise videos are perfect examples of this. Exercise videos for children are very affordable and readily abundant. And if one doesn't want to shell out any cash, the local library may have an assortment of children's workout videos to choose from
2. Another option for keeping kids active is to crank up some of their favorite tunes, and let them dance freely around the room. And if kids must have video games, invest in the kind that requires physical movement to play.
3. Visit an indoor swimming pool, ice skating rink or basketball court at a local gym, school or community center.
4. Skating rinks are everywhere. It's easy, inexpensive and kids love to hang out and listen to music. If you're not into wheels then chock out the ice skating rinks.
5. Bowling leagues are becoming more and more popular. They usually meet one or two days a week and the cost is affordable. Check it out with your child.
6. Don't forget to utilize those great snowy days for some awesome outdoor recreation - such as sledding, skiing, snowboarding, tubing, building snow forts and building snowmen.
7. When it is too cold to venture outdoors, take the family on a brisk walk around the nearest mall. Walk up the stairs versus the escalators.
8. If it's impossible to pry kids away from the TV, encourage them to do jumping jacks, sit-ups and push-ups during commercial breaks.

Healthy Classroom Holiday Parties



If your child wants to bring treats to school to share with classmates, consider these healthful and fun ideas in place of cupcakes and cookies:

- Fruit kebobs with low-fat whipped topping.
- Mini peanut butter and jelly sandwiches made with cookie cutters.
- Celery stalks filled with reduced-fat peanut butter and raisins. Kids call these "ants on a log."

Check with your child's teacher to see if any students have food allergies you should avoid. Alternatives to food items include:

- Stickers
- Erasers
- Pencils
- Plastic jewelry

Making healthy choices in the classroom helps children learn to make healthier food decisions throughout their lives.

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Family Friendly Recipes



Reindeer Food

A fun holiday snack for kids

Ingredients:

- 12 cups Crispix cereal
- 1 bag (12 oz) semi-sweet chocolate or butterscotch chips
- 3/4 cup peanut butter
- 1 cup powdered sugar

Instructions:

1. In a very large pot over low heat, melt peanut butter and chocolate chips, stirring frequently.
2. Remove from heat and add cereal, stirring gently to coat well. Add the powdered sugar, a bit at a time, and continue stirring until mixture is completely combined.
3. Spread pieces on a cookie sheet or other clean, flat surface, separating them so they don't stick together. Allow to cool completely. Store in an airtight container until ready to serve.

Makes about 12 1-cup servings