



# BearPower

## Press

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## FROZEN FUN

And no, we don't mean the movie this time. There are TONS of ways to enjoy the winter as a family. Give it a try and find your favorite way to thaw out, bundle up or anything in between!

### INDOOR ACTION

**FREEZE DANCE:** Turn on the music and dance! When the music stops, everyone freeze. Call out categories to make it more fun (freeze like...a red fruit, your favorite animal, you are playing your favorite sport, etc.).

**GONOODLE.COM:** Get your noodle working, and your body too! This online platform has tons of fun activities that are easy to do indoors. Lots of teachers use it for classroom brain breaks so your child might already know just how it works. Log on for free as a family and check out activity videos like yoga, track and field challenges, stretching, dancing and more.

**HIT THE DECK:** Take a deck of playing cards and assign each suit a type of movement or exercise. Draw a card and add the number to the suit to find out what to do... 7 of clubs – do 7 jumping jacks! Draw again and get sweaty!



### OUTDOOR ADVENTURE

#### TAMARACK NATURE CENTER:

Our very own nature preserve has tons to offer in every season. Certain Saturday mornings they offer drop-in family activities; Sundays are for family yoga; and on President's Day (Monday, Feb. 16th) they will host a parent-child snowshoe trek. Plus you can cross country ski, snowshoe or just explore most days. Head to their website for schedules and information (Ramsey County Parks – Tamarack).

#### BUILD A

**SNOWBEAR:** Show off your BearPower pride and build a SnowBear! A carrot nose is a must... as long as you don't mistake it for a snack. Send us a photo of your creation.



Example:



= jumping jacks



= sit ups



= dancing



= free choice



**SHARE YOUR STORY!**

What does your family do to get BearPowered? Send us an email with your story and we will feature you in the BearPower Press!

**BearPower@HealthPartners.com**



## **FAMILY FITNESS NIGHT**

Join us for a night of fun games and activities. Free and open to all – parents are responsible for supervising their children.

**FRIDAY, FEBRUARY 13TH  
6-7:30 PM  
BIRCH LAKE ELEMENTARY**  
1616 Birch Lake Avenue

Visit  
**BEARPOWER.ORG**  
for other upcoming events



## **TREAT YOUR VALENTINE TO... BANANA BERRY ICE CREAM**

### **INGREDIENTS**

- 3 bananas
- 1 cup strawberries, blueberries or raspberries, fresh or frozen

### **DIRECTIONS**

Slice bananas and place in freezer until solid. If the berries are fresh, freeze them as well. Place frozen fruit in a blender or food processor and blend until smooth and creamy. Top with your favorite nuts or seeds, if desired.

For a tasty twist, try a variety of other fruit in place of the berries.



for fun recipes, tips, and activities  
visit our NEW website **BEARPOWER.ORG**

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