



# WINTER Warm-up CHALLENGE

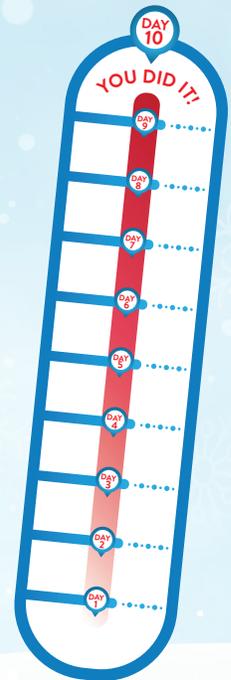
The Winter Warm-Up is a 10 Day Challenge that encourages kids to stay active in the cold winter months. Classrooms and families can use the Challenge to get inspired to move more, indoors or outdoors, in ways that are creative and fun!

## MOVE MORE, WARM UP!

Moving more means doing anything extra that gets your heart pumping faster and warms you up! Fill up the thermometer and reach the goal in 10 days by moving more!

The Winter Warm-Up Challenge can be done individually or as a classroom or family. If used individually, shade in the thermometer on the tracking poster each day you move more. If used as a group, have each person use stickers, draw dots, write their name or shade in a portion of the day on the thermometer.

Write your "Move More Goal" on the tracking poster. Your goal is the number of people participating x 10 days.



## HOW TO MOVE MORE

The options are endless! Every kid's body loves to move in different ways. Try something new and find your favorite ways to move. Start a before or after school "Move More Club"; play in a yard, park, at recess or open gym; shovel snow, take a winter hike, sled or skate.

**The cool weather does not have to chill your thrill! Dress like an onion, in layers, to keep warm while playing outdoors. Peel layers of clothing off or add more, as needed.**

