

# COMMIT TO HEALTH

# RESOURCES FOR THE HOME

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

## DECEMBER

**As the weather cools down and winter break arrives, make sure you stay active this month! Learn new types of exercise you can do as a family and what intensity you should be exercising at. Spend your winter break working off the holidays by being active and participating in seasonal activities, or warm up indoors with some laps at your local shopping mall.**

- Click [here](#) for some tips on how adults can ramp up their physical activity, as well as information about the recommended intensity and duration of exercise for adults.
- Also, think about how you can be physically active while being at home, work, and while playing with your children – check out this [link](#)!
- If you are just starting to exercise, check out some of these useful [suggestions](#), including how to overcome obstacles for getting started with physical activity for a healthy weight ([Spanish](#)).
- The holidays are filled with yummy food-based activities, many of which are high in sugar and sodium. How do we navigate this time of year to try to stay as healthy as we can be? In addition to staying active check out some of the food-based strategies listed [here](#).
- Learn about a seasonal fruit and vegetable each month! Try new healthy recipes and cooking techniques [here](#)! ([Spanish](#))
- Help reinforce healthy eating with fun activity sheets ([root vegetables](#) and [citrus](#)) and coloring ([root vegetables](#) and [citrus](#)) sheets for your family.

\*For Spanish information about MyPlate , please [click here](#)!



National Recreation  
and Park Association

[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)