



January 2021

Healthy Kids Connection is a monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

New Year → New Idea → One Word

It's 2021, a new year, a new beginning! After an especially rough 2020, everyone is looking forward to starting fresh with their sights set on getting back to a more socially-friendly world. Setting New Years Resolutions is a traditional way to start the year, but we came across a great idea of just setting One Word for the year. Challenging yet manageable. Great for adults and children alike! Click on [this video](#) to see some examples and visit [this website](#) to set your One Word! Need some ideas, click on this website for [One Word Printables](#) that you can color and hang up in a visible place in your home or office.



Healthy Kids Club Program Updates



Save the Date for the 5210+ Challenge—Starting Feb. 1, 2021!

This year, the Challenge will be online. Look for information from your schools in January. [Click here](#) to view the 2021 5210+ video.

Kids Corner

Healthy Best Bingo!

HEALTHY BEST BINGO!

DIRECTIONS:

- Cross off squares as you complete them to try to get a Bingo.
- Game begins today and ends January 31.
- Each Bingo will count as one entry into our drawing for Healthy Kids Club prize packs.
- Follow this link (<http://bit.ly/HKCBingo2021>) to enter the prize drawing by noon, Wednesday, February 3.
- Winners will be notified Monday, February 8.

Qualifying Bingos: horizontal • vertical • diagonal

Less than 2 hours of recreational screen time	Eat a fruit or veggie for a snack	Get a total of 1 hour of exercise today	Go for a family walk	Get a total of 1 hour of exercise today
Turn on your favorite music and dance for 10 minutes	Family dance party!	Get a total of 1 hour of exercise today	Eat a fruit or veggie for a snack	Drink 0 sugary drinks today
Get a total of 1 hour of exercise today	Eat a total of 5 fruits and vegetables	Drink 8 glasses of water	Random Act of Kindness—do 2 acts of kindness for someone today	Get 9 hours or more of sleep
Eat a fruit or veggie for a snack	Get 9 hours or more of sleep	Go for a family walk	Get a total of 1 hour of exercise today	Less than 2 hours of recreational screen time
Random Act of Kindness—do 2 acts of kindness for someone today	Drink 0 sugary drinks today	Eat a total of 5 fruits and vegetables	Family dance party!	Help prepare a healthy dinner

Healthy Kids Club
HealthyKidsClub.org

DIRECTIONS:

- Click on bingo image and print out Bingo Card.
- Cross off squares as you complete them to try to get a Bingo.
- Game begins today and ends Jan. 31.
- Each Bingo will count as one entry into our drawing for Healthy Kids Club prize packs.
- Follow this link (<http://bit.ly/HKCBingo>) to enter the prize drawing by noon, Wednesday, Feb. 3.
- Winners will be notified Monday, Feb. 8.



EVERY DAY!

Getting your daily 5 is EASY with fruit and veggie-packed recipes

If eating 5 servings of fruits and vegetables a day seems daunting, check out some of these recipes that give you multiple servings. Sweet, savory or hydrating—these are a great way to get you to your 5!

All of the recipes below are kid-friendly and kid-cooking-friendly! One of the best ways to get your kids interested in eating new foods is letting them help with cooking.

Click on the pictures below for the recipes and Get Cooking!

Zucchini Banana Blueberry Muffins

Easy Minestrone Soup

Strawberry Banana Smoothie



Whether inside or outside, there is no downside to getting 1 hour of physical activity every day!

Outdoor activities like sledding and building a snowman are the perfect way to get more moving during the cold winter months. [Click here](#) for more than 50 family-friendly outdoor winter activities. You're sure to find one that is perfect for your family!



If it's too cold outside, you can freeze inside...Freeze Dance that is. Click on the image below for a *crazy fun* Freeze Dance Go Noodle video



Drinking Water in Winter!

Tips for staying hydrated in cold weather

- It's important to stay hydrated during colder weather. Simply remembering to drink more water can help prevent dehydration in the winter.
- Drink water and replenish fluids, especially after or during physical activity.
- Don't rely on thirst to tell you when you need to drink water. Make a point to drink a certain amount of water each day.
- Eat your **fruits and vegetables!** You can get water from the foods that you eat. Not only are fruits and vegetables good for you, but they also help you stay hydrated.
- If you find it difficult to drink water when it's cold outside, drink warm beverages like decaffeinated herbal tea.
- Always have water with you. A reusable water bottle can help keep you hydrated year-round. If you normally carry water with you during the summer, continue the habit through the winter.



Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: laurie.zenner@uhealth.org

[Click Here](#) to be added to the Healthy Kids Club Mailing List.

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