

# Healthy Adventures Winter Games

Do you know what deserves a medal? These healthy

## Apple Rings

### INGREDIENTS



1 apple,  
sliced into rings



Peanut butter



MAKES  
5 rings

Toppings optional  
(nuts, seeds, fruit, coconut flakes,  
semi-sweet chocolate chips)



### INSTRUCTIONS

*Sing the National Anthem!*

1. Now get cookin'! Slice the apple across, top to bottom into rings.
2. Spread peanut butter atop the apple slices.
3. Sprinkle on the toppings of your choice, then enjoy!

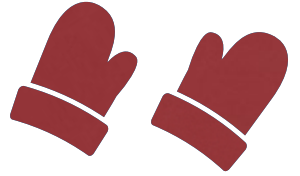
## DON'T FORGET TO GET 60!

A golden way to get 60 minutes of activity inside? Set up an obstacle course in the living room! Use couch cushions, chairs, string and other creative ideas to hop, jump and crawl your way to the finish line!

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# Healthy Adventures Winter Games

## BALLOON HOCKEY



Want to feel like an Olympian? Try this fun winter games event! It's a great way to net 60 minutes of physical activity indoors during the cold winter months.

### What you'll need

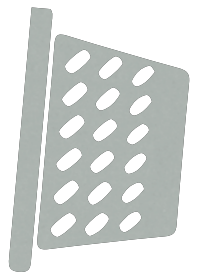
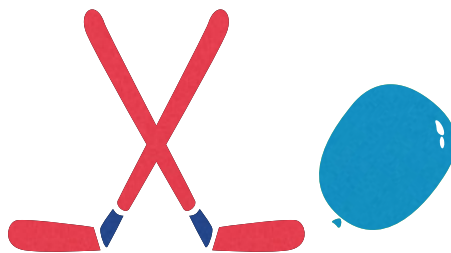
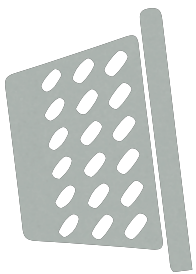
- Balloons (for the puck)
- Long cardboard tubes (wrapping paper tubes work best)
- A piece of cardboard, cut into a 6" x 8" rectangle
- Tape
- 2 boxes or laundry baskets (or anything that can act like a goal)

### How to build your stick

1. Cut two 3-inch slits down the sides of the cardboard tube.
2. Slide the cardboard rectangle into the slits.
3. Add some tape to the bottom of the rectangle for more sturdiness.

### How to play

1. Set up the goals on either end of a room.
2. Have two players face off at "center ice," in between the goals.
3. Drop the balloon, then try to shoot it into the goal!
4. Once the game gets going, add more balloons for even more fun!



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