

Winter Active: 20 Ways to Leave Your Sofa



While it may not seem like it, winter is a great time to get outside and get active. Use your imagination and don't let a little cold and snow get in the way of having some fun.

Here are 20 Ways to Leave Your Sofa:

1. Shoveling snow is great exercise and burns a lot of calories.
2. Now that your sidewalks are shoveled you can enjoy jumping into the snow banks that are piled up.
3. Walking is always good exercise but can be even better in the snow. Try walking to school more often.
4. Snow means time for Snoccer! Soccer in the snow with your friends can be lots of fun.
5. Local recreation centers offer indoor fun for when it is just too cold outside to get out there. Visit your local recreation center to see all the fun activities that are available.
6. Snowmen come in all shapes and sizes. Try having a snowman building contest with your family and friends.
7. Cross country skiing is one of the most challenging and most exciting activities around. Give it a try!
8. Ask your teacher about going snowshoeing with your class. See who can leave the most footprints on the ground
9. Try bowling with family or friends for a fun way to stay active during the cold months.
10. Have you ever tried skating? Head out to the local outdoor rink and strap on some blades for fun with your friends or family.
11. How about some dancing? Check out the local dance groups or recreation facilities and see if there is something you would like to try.
12. Swimming is an important skill to have. Head to the pool and practice your skills.
13. Just because it's cold and snowy doesn't mean you can't play Frisbee!
14. Try creating a snow maze in a field so your friends can try to search their way out of it.
15. Exercising your mind as well as your body is very important. Head to your local public library and flex those mental muscles.
16. Downhill skiing and snowboarding are activities you can only do in the winter. Take advantage and hit the slopes this weekend.
17. Curling is an activity that is played on a sheet of ice. Research it today to find out more.
18. Who doesn't love tobogganing? The hills are waiting for you.
19. Build a snow fort so you have a quiet place to hang out.
20. For something exotic, try dogsledding. Do some research to see if this activity is available in your area.

Recipe of the Month Baked Potatoes with Black Bean Topping

Yield: 6

Portion: 1 potato half

Preheat oven to 375 degrees

1 – 11" x 17" sheet pan

Potatoes:

2 lbs/1 kg baking potatoes

1. Grease the sheet pan with canola oil.
2. Cut each potato in half lengthwise. Lay the potato halves face-side-down on the sheet pan.
3. Bake for 45 minutes to an hour, until a fork inserts easily into the center.

While potatoes are cooking prepare black bean topping.

Black Bean Topping;

1/2 cup canned black beans, 125 mL
rinsed and drained

1/4 cup medium salsa 50 mL

1/4 tsp coriander, ground 1 mL

2/3 cup cheddar cheese, grated 150 mL

1. Heat the beans and salsa. Stir in the coriander.
2. Top each potato with 2 tbsp (15 mL) of the bean/salsa mixture and 1 tbsp (30 mL) of the cheese.
3. ENJOY!

Any potato can be baked, but for the perfect baked potato, with a flaky texture, use

a mature baking-type potato like the Russet. Make sure that the skin has an even

brown tone without a greenish colour.

Black beans are a healthy choice as a meat alternative. They are high in protein and fibre, and are a good source of other nutrients.

Adapted from: Strive for 5 at School

<http://www.gov.ns.ca/hpp/publications/S45-Resource-Guide-Eng-Web.pdf>

Can you think of any other ways
to get off your sofa?
Bundle up and have fun being
Winter Active!



Alberta Project Promoting
active Living & healthy Eating