

HEALTH AND FUN IN ALABAMA WINTER CHECKLIST

HAVE FUN WHERE YOU ARE

- Go for a walk
- Help a friend or neighbor
- Collect and paint rocks
- Read a book
- Sing
- Dance
- Clean out a closet
- Donate unused items to charity
- Donate food to those in need
- Watch a sunrise
- Watch a sunset
- Meet a neighbor
- Do a random act of kindness
- Make a blanket fort
- Learn a new skill
- Restore a piece of furniture
- Make a pinecone bird feeder
- Tackle a DIY project
- Visit the library
- Learn or practice an instrument
- Make art
- Make a craft
- Visit a friend
- Volunteer
- Play a boardgame
- Stretch
- Walk the dog
- Mail a letter
- Share something you grew
- Practice origami
- Decorate a Gingerbread house
- Enjoy a warm beverage
- Watch a holiday movie
- Attend a local holiday event
- Work on a puzzle

- Make homemade Valentine's Day cards
- Plant bulbs indoors
- Scrapbook
- Build a fire
- Light a candle
- Take in holiday decorations
- Knit or crochet
- Make a vision board
- Decorate for the holidays
- Bake cookies
- Make paper snowflakes
- Make a time capsule
- Take a family photo

HAVE A PLANT

- Make chili
- Make soup
- Make an apple recipe
- Make a cranberry recipe
- Make a pecan recipe
- Make oatmeal
- Roast veggies
- Have an indoor picnic
- Cook a meal as a family
- Make half your plate fruits and veggies
- Try a new food
- Try a new recipe
- Take a meal to a friend
- Make a healthy gameday treat
- Make a peanut butter recipe
- Pop popcorn
- Bake a pie

HAVE A BALL

- Play catch
- Play tennis

- Play pickleball
- Play soccer
- Play disc golf
- Go bowling
- Play basketball
- Play frisbee
- Practice archery
- Go ice skating
- Take a nature hike
- Have a scavenger hunt

HAVE AN ADVENTURE

- Sign up for the 100 Alabama Miles Challenge
- Go to a concert
- Attend a sporting event
- Go geocaching
- Participate in a race
- Visit a museum or historical center
- Visit the zoo
- Visit somewhere new
- Go caving
- Go horseback riding
- Go rock climbing
- Co cycling or mountain biking
- Go camping
- Go hiking
- Go birdwatching
- Visit a tree farm
- Visit a park
- Visit an Alabama Natural Wonder
- Take a cooking class
- Go to the ballet
- Go to a play
- Visit a science museum
- Take an art class



The Nutrition and Physical Activity Division

For more tips and information, visit alabamapublichealth.gov/npa