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

ALABAMA PUBLIC HEALTH

npa The Nutrition and Physical Activity Division

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