

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

December 6, 2016

Wintertime fun never gets old.

Being active outdoors in the cold months can be healthy and fun for adults and kids alike. You can burn more calories and also enjoy more daylight, which can help boost your mood. Here are some ideas to help you get out and move more in the cold:

- Take nature walks with the family or your pet (or both)
- Collect pine cones, leaves or rocks
- Go ice skating - some areas have indoor rinks
- Host a neighborhood scavenger hunt
- Build a campfire
- Play dodge ball, tug-o-war or touch football
- Take a photo hike with your phone or digital camera

Want to rediscover all that Tennessee has to offer? Visit the [state tourism site](#) or the [Tennessee State Parks site](#) to find seasonal activities the whole family can enjoy.



TRACK YOUR FUN TIME.

Fun physical activity still counts as exercise. Sign in to [your Well-Being Account](#) today and start using your Exercise Tracker.



QUICK LINKS

[Well-Being Account Sign In](#)
[2016 Partnership Promise](#)
[ParTNers for Health Website](#)



**24/7
NURSE
ADVICE LINE:**

1.888.741.3390



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