

## GET FIT the Montana Way

For nearly a decade, the folks at Big Sky State Games have been helping families have fun and get fit through Shape Up Montana ([www.shapeupmontana.org](http://www.shapeupmontana.org)) and Big Sky Fit Kids ([www.bigskyfitkids.org/](http://www.bigskyfitkids.org/)). These online programs are easy to use and tailored to fit your busy lifestyle. Join the thousands of Montanans who have discovered how easy it is to get moving, get stronger, and feel better!

## PLAN

**Put together a family team:** Challenge your extended family to join Shape Up Montana team (4-10 people, \$15/person incl. T-shirt). Have fun being active together!

**Enroll a school team:** Big Sky Fit Kids is FREE for groups of 10-30 kids under 18 from school/after-school programs, 4-H clubs, scout troops, or any youth organization.

**Be a real role model:** Want to make a real difference in the lives of young people? Offer to be a mentor for a group of kids. Enroll the team - and be active WITH them!!

## PLAY

Whether you're participating in Shape Up Montana, Big Sky Fit Kids, or playing with your family, there are dozens of ways to have outdoor fun during Montana's winter.

- 1. Toss a snowball:** Gentle tosses and hard throws can help build arm strength.
- 2. Build a snow family:** Build one for each member of your family -- to size.
- 3. Build a snow fort:** When the snow is solid, cut blocks for forts or igloos.
- 4. Shovel some snow:** Make it a family activity or help a next-door neighbor.
- 5. Sled down a hill:** Big or small hill, get warm going back up for another run.
- 6. Tube down a hill:** No sled, no problem. Take a wild ride on an inner tube
- 7. Ski across country:** XC-skiing is free (once you have equipment) and fun.
- 8. Skate across the ice:** Grab some skates and check out the local outdoor rinks.
- 9. Snowshoe on a trail:** Got small kids? Put them in a sled to pull behind you.
- 10. Make a snow angel:** Any fresh snowfall is just right for snow angels.

## ENJOY

However you like to move, just do it! Choose something that you and the kids enjoy. Research shows that people stick with the activities that they like to do.