



Stay Financially Fit in 2014!



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Check out our series on ways you and your family can Stay Financially Fit in 2014. Watch for monthly emails that include tips that will help you improve your financial well-being in 2014.

Tip #12 - 14 Cheap Outdoor Activities To Beat The Winter "Blahs"!



Every year, around this time, many of us end up with a mild case of the winter "blahs". Chances are you're not getting outdoors as much as you should. But, there are so many benefits to doing so: being active outdoors is a good way to cut calories and lose weight, the fresh air makes us feel better, and it's a lot more fun and inexpensive than watching TV or surfing the Internet all day.

14 Cheap Winter Activities:

1. Go ice skating.
2. Build a winter bonfire and make s'mores.
3. Rent some snowshoes and go snowshoeing.
4. Take your dog for a walk. It's one of the main benefits of having and owning a dog.
5. Go cross-country skiing.
6. Go sledding.
7. Build a fort and have a snowball fight with your kids (or your spouse/partner). Or buy a snow block maker and build an igloo.
8. Take a blanket and a cup of hot cocoa and sit outside on your front porch swing.
9. Feed the birds or go bird watching. Make your own birdfeeders out of pine cones, peanut butter, and birdseed.
10. Go ice fishing.
11. Go on a winter picnic. Take blankets, sandwiches and hot soup in a thermos. This is a fun, cheap date idea for couples.
12. Head out on a photo expedition to take pictures of the winter landscape.
13. Have kids or dogs? Set up an obstacle course in the yard with jumps, tunnels and other challenges.
14. Make snow paint. Simply add food coloring to water and put it in a spray bottle, then go out and paint your yard!

Make sure you are prepared for the cold by dressing in layers so you don't freeze outside. Be sure to wear a hat and gloves. If you're not cold and uncomfortable, you're more likely to have fun and not run back inside after 5 minutes!

Source: <http://www.moneycrashers.com/fun-outdoor-winter-activities-kids-adults/>

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