

December 2025

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Protein Power Shakes

Looking for a quick, healthy snack or breakfast idea? Try these ideas for a protein shake that is super yummy! From a variety of fruits to chocolate and even tofu, these shakes add a little extra protein without empty calories. There are 5 recipes in this article—give them a try!

[Healthy Protein Shake Recipes](#)



Cardio & Strength Circuit

Looking for a quick 20-minute workout that helps build muscle and gets your heart pumping? We have you covered! This fantastic workout video from the YMCA will do just that. The trainer shows you how to do each exercise. You will do 4 exercises for 2 rounds. Be sure that your parents and grownups are working out with you!

[YMCA Circuit Video](#)

Healthy Holiday Favorites

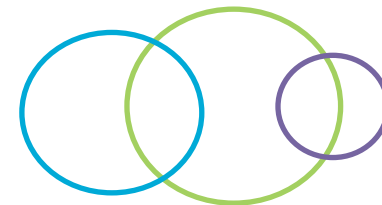
December is a month with several holidays in it. Along with holidays come some favorite foods that can often have a large amount of saturated fats or sugars. When you are making those holiday favorites this year, there are some tricks you can use to make them a little healthier without sacrificing the yummy taste you love.

- Use Greek yogurt instead of sour cream in things like mashed potatoes, soups, or as a topping.
- Instead of salt, season your foods with flavorful spices.
- Try unsweetened applesauce instead of oil.
- Cut back on the amount of sugar you put in desserts. You can easily use 3/4 of the regular amount without sacrificing taste.
- Mix in some mashed cauliflower to mashed potatoes.
- Choose hearty, whole-grain breads instead of white breads.
- Be sure there are plenty of vegetable options available.

Explore!

We have some fun exploring to do this month!

- Winter Scavenger Hunt: print off sheets online and see how many different things you can find.
- Take a walk & see the holiday lights: going for a simple walk is a great way to get active. Don't forget to bundle up!
- Tree Farm: There is no better way to get in the holiday spirit than visiting a local tree farm. Here, you can spend time with friends and family, creating long-lasting memories and completing fun activities.
- Ice-skating: This activity is another great way for you to have fun while also getting a workout in! Be sure to wear your safety gear!



Winter Favorites

December is a month full of traditions, holidays, family time, and fun! Many of the activities in this month's calendar get you in the spirit of the holidays. While these activities are fun, they also get your body moving. Below is a list of winter month activities that you can do to keep active! Remember to always dress according to the temperature.

- Play in the snow
- Tubing
- Sledding
- Snowball fight
- Skiing
- Ice-skating
- Build a snowman
- Caroling
- Build an igloo

H2O 4 U

Did you know that it is essential to drink water in the winter? As temperatures start to drop and the outside air becomes drier, we start using our furnaces again. Additionally, the furnace in our house makes the inside air warmer and drier! This dry air can affect our skin, hair, and bodies causing them to be a little drier than they are the rest of the year. Be sure that you are drinking about 8 cups of water every day, even in the winter.

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/>

Mindfulness Moment

A mindfulness moment is a brief period when you pause to focus your attention fully on the present. It's an opportunity to let go of all distractions and become aware of your thoughts, feelings, and surroundings without judgement. This practice often involves deep breathing, grounding techniques, or simply observing surroundings. Taking mindfulness moments throughout the day can help reduce stress, improve focus, and foster a sense of calmness.

Try some of these techniques for your mindfulness moments:

- Deep breathing: focus on deep inhales through your nose, count, and let go out your mouth slowly
- Gratitude practice: think of three things you are grateful for in the present moment
- Mindful walking: take a slow pace walk, focusing on your walking rhythm and surroundings
- Visualization: close your eyes and imagine a peaceful place while thinking of colors, sounds, and smells to immerse yourself in the scene
- Stretching: perform a simple stretch like touching your toes or rolling your shoulders to relax



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