Blank Children's Hospital
UnityPoint Health

December 2026

SUN	MON	TUE	WED	THU	FRI	SAT
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A department of UnityPoint Health – Des Moines – Iowa Methodist Medical Center

For an electronic version with clickable links, go to: unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx

Protein Power Shakes

Looking for a quick, healthy snack or breakfast idea?

Try these recipe 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.

Recipes

Cardio & Strength

Looking for a quick 20-minute workout that helps build muscle and gets your heart pumping?

This workout video will help you do just that!

Circuit Training for Kids

Zumba Party

It's Tuesday, and it's time to have some fun!

Zumba is a form of Latin-inspired dance exercise that gets you up and moving to the music.

You'll be having so much fun, you'll forget that you're exercising!

The YouTube channel below has many videos with songs kids know and easy moves they can do.

Invite your friends and make it a party!

Zumba Videos

H2O 4 U

Did you know that it is still important to drink water in the winter?

As the temperatures get cooler, the outside air gets drier. Turning on the furnaces in our houses makes the inside air warmer, but drier as well. 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 everyday even in the winter.

You can make a chart or download an app, such as Plant Nanny, to help you keep track.

Focus

No matter what holiday you celebrate this month, December can be busy with preparations, cooking, and spending time with extended family and friends.

Stress can easily increase in both children and adults.

Be sure you are taking some time, even a few minutes, to focus on yourself, calm your breathing, tune out the phone and think about the reasons that you celebrate your holiday.

On Mondays this month, try to take just a few minutes to sit quietly and focus on yourself or go for a walk or run to help release some stress.