



# Snow much fun with Inspire!



## Warm up with wellness

Let's play wellness bingo! Check off each box after you complete the activity. Bring your bingo card to the Inspire team and show them what you've accomplished.



Try a new fruit or vegetable	Go for a 10-minute walk	Have a dance party 	Write down three things you are grateful for	Take five deep breaths for five seconds each
Do 10 jumping jacks	Read a book for 20 minutes	Drink water as your only drink for the day	Fold a piece of paper and cut out a snowflake	Find six pairs of mittens on this newsletter
Help cook dinner	Search for a brown leaf	Stretch for five minutes	Make a snow angel	Tell someone why you appreciate them
Eat a meal that has every color of the rainbow	Set a goal for the winter season	Meditate for five minutes	Read a nutrition label	Throw a snowball 
Build a snowman	Write down three things that make you feel proud	Unplug screens for one hour 	Do a wall sit for 30 seconds	Make progress with a goal that you set



**Flu and other viruses spread easily when we spend more time indoors.** To prevent spread, wash your hands often, stay hydrated and stay home if you're not feeling well. With measles cases present in northern Arizona, contact your primary care provider if you have a rash, a fever of 101°F or higher, or symptoms such as a cough, runny nose or red, watery eyes.

**WINTER SEASON QUESTION**  
What's the coldest state in the United States?  
Share your answer at your next Inspire appointment!





Remember to wash your hands for 20 seconds. You can count by singing your ABCs twice!

## Bundle up and move

### Sock slide race:

- Wear socks and race across hardwood or tile floors. This is great for balance and giggles.

### Crab walk or bear crawl races:

- These animal-style moves build strength and coordination.

### Indoor obstacle course:

- Create your own obstacle course with pillows, chairs, and blankets to create tunnels, balance beams and jump zones.

### Penguin shuffle:

Stand with your feet side by side with an "egg" (bean bag or small ball) on top of your feet. Shuffle across the room without dropping your egg!

- Find a quiet space, either indoors or outside.
- Take five deep breaths, noticing the cool air and how your body feels.
- Reflect on one thing you're grateful for today.
- Set a gentle intention. For example, "Today, I will nourish my body and mind with kindness."

## Comfort foods that fuel Sweet potato muffin recipe

### Ingredients:

- 1 cup mashed sweet potatoes
- ½ cup plain Greek yogurt
- ¼ cup melted coconut oil
- 2 eggs
- ¼ cup maple syrup
- 1 tsp. vanilla extract
- 1 ½ cups white whole-wheat flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. salt



### Instructions:

1. Preheat oven to 350°F and line a muffin tin with liners.
2. In a large bowl, whisk together sweet potato, yogurt, coconut oil, eggs, maple syrup and vanilla.
3. In a separate bowl, mix flour, baking powder, baking soda, cinnamon and salt.
4. Combine wet and dry ingredients.
5. Fill muffin cups ¾ full and bake for 18-20 minutes, or until toothpick comes out clean.



## NEW NEWS AT INSPIRE

OUR OFFICE WILL BE CLOSED DEC. 24 - 25 AND JAN. 1.

WE'LL BE OPEN FOR A SHORT TIME ON DEC. 31.

IF YOU'RE FEELING SICK, PLEASE CALL OUR OFFICE TO RESCHEDULE YOUR APPOINTMENT FOR WHEN YOU'RE FEELING BETTER.

For scheduling or questions,  
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