



# December

## FEATURE: 2022 Edition



**Here is how you can put 5-2-1-0 into action this month:**

### VISIT A LOCAL MUSEUM

When the weather outside is frightful, but you still want to get out of the house - go to the museum! Museums teach, inspire, and connect communities. There are many museums throughout our county. Are you interested in planes? The Air Force Armament Museum



is the perfect spot for you! Would you rather dive into the world of science?



The Emerald Coast Science Center is place for you! They have tons of hands-on activities for you to investigate. Are you interested in our town's history? Head on over to the Baker Block Museum.

Source: Air Force Armament Museum Foundation

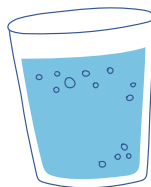
### MAKE A WHITE SAND ANGEL

It's winter! Don't miss out on the time honored tradition of making snow angels. No snow? No problem! Lay on the sand instead. Stretch out your arms and legs to make a star. Push your legs and arms out. Then pulling them back in to your sides. This motions will create wings and a dress-like appearance.



Source: CreativeHealthyFamily.com

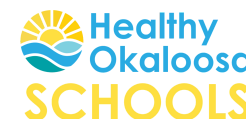
### BETTER BEVERAGE



It's cold outside. Skip the hot chocolate. Reach for a glass of water. Your body will thank you. Drinking water keeps your body and mind working well.

Source: WKU

**The 5-2-1-0 Feature  
is brought to you by:**



**SHARE YOUR 5-2-1-0 FUN  
ON SOCIAL MEDIA:  
#HealthiestWeightFL**

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

## BROCCOLI AND AVOCADO SOUP

### INGREDIENTS

- 1 cup broccoli, chopped
- 1 cup fresh spinach
- ½ of an avocado
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- ⅓ cup low-fat milk
- 1 ¼ cup low-sodium vegetable broth
- 1 cup croutons
- 4 teaspoons Parmesan cheese, grated
- Salt and pepper, to taste

### DIRECTIONS

1. Place a medium-sized stockpot over medium-high heat. Add olive oil to the preheated pot.
2. Add onion and garlic to the pot.
3. Sauté until the onions are translucent.
4. Add broccoli, vegetable broth, and milk. Reduce heat. Simmer. Cook until the broccoli is crisp-tender.
5. Add the mixture, avocado, and spinach to a blender. Only fill the blender half full at a time. Carefully pulse the ingredients until smooth and creamy.
6. Taste soup. Add salt and pepper if desired.
7. Return the soup to the pot. Heat it up to serving temperature. Garnish soup with croutons and Parmesan cheese.



Source: Fresh from Florida Recipes

## WINTER WONDERLAND

During winter break many of us travel to see loved ones. If you are traveling to a place with snow, try out one of these outdoor winter activities:

- Go for a walk or a jog.
- Throw snowballs.
- Go snow sledding or tubing.
- Chase bubbles. If it's cold enough, they will freeze.
- Make a snowman, snow fort, or snow maze.
- Play tag or kick a soccer ball if the ground is dry.
- Try a winter sport like skiing, snowboarding, skating, or snowshoeing.



Staying local? Check out the ice skating rink at Baytowne Wharf. It's fun for the whole family. They even offer "kids skate" hours for youths 12 and under.

Source: CHOP

## RESOURCES MENTIONED IN THIS NEWSLETTER



[Visit a Local Museum:](https://bit.ly/3OCBfGz) <https://bit.ly/3OCBfGz>

[Make a White Sand Angel:](https://bit.ly/3osVfRk) <https://bit.ly/3osVfRk>

[Better Beverage:](https://bit.ly/3p75nj7) <https://bit.ly/3p75nj7>

[Florida Broccoli and Avocado Soup:](https://bit.ly/3cN4LfC) <https://bit.ly/3cN4LfC>

[Winter Wonderland:](https://bit.ly/3QgxNCL) <https://bit.ly/3QgxNCL>