

MAKING LIFE MORE FUN

Snow Fun: Cool Ideas For Winter Play And Warmth

(NAPSA)—When cold turns to snow, playing outdoors is a great way for kids and adults to stay fit and have fun for free. In 30 minutes, a 150-pound person burns about 143 calories building a snowman and about 159 calories having a snow fight.

To help you get energized and excited for snow season, author Birgitta Ralston offers projects for wintertime fun in her new book "Snow Play" (Artisan Books), plus a few ideas on how to stay warm and dry.

• **Grab some drinking straws and head outside to make frozen critters.** If the snow isn't sticky, slowly mix some water into snow to give it the right consistency. Flatten a small patch of ground with your hands. Sink four straws into the ground to create the legs of the animal. Compress the snow around each straw to keep them securely in place. Shape snow into a round or oblong ball for the body of your animal. Add a shortened straw for a tail and carefully push the body into the legs. Create a small head from compressed snow and carefully push it onto the body. Take photographs to record your work so you can reflect back on it when the snow's all melted away.

For such extended outdoor activities, you may appreciate waterproof Sport Squall Gloves from Lands' End that keep hands toasty and fingers flexible, with an interior sheath that holds hand warmer packets for up to seven hours of heat.



Snow? No problem. Outerwear that keeps you cozy makes frolicking in the snow more fun.

• **Make an ice slide.** Start on a hillside or large pile of snow. Plan where the slide will start and where it will reach level ground. On one side, create steps by carving notches into the snow. Press a shovel into the snow horizontally, then vertically to create 90-degree-angled steps. Use a shovel to carve out a slide on the opposite side of the mound; it should be about a foot deep. Add curves, but not too sharp, as that will slow down the sliding. Pat down the sides of the slide from the top. Let it freeze overnight. The slide should be ready to use the next day.

Consider snow pants that feature Cordura nylon reinforcements at the knees and seats. Features such as SnowGuard cuffs and waterproof, windproof fabrics in the Expedition Down coats and jackets keep the chill

out while using one of nature's lightest insulators.

• **Engage your neighborhood in a snowball challenge.** Find a fresh field of sticky snow and pick your team. Determine how long the contest will last. With your team members, start rolling a small snowball along the ground, patting down the snow that sticks. Continue to roll it, adding more snow until it's too big to move. Smooth out the surface of the snowball and measure each snowball with a measuring tape to determine a winner.

Having waterproof boots with good traction makes pushing a giant snowball seem a snap. Snow Plow Boots for adults and kids at Lands' End feature high-traction soles and a cinch at the top to lock out snow.

• **Stay warm and dry by dressing in layers that you can shed as outdoor activity increases.** Consider fleece as a base layer. ThermaCheck fleece offers softness, lightweight warmth and wind resistance. Pay special attention to extremities such as ears, fingers and toes, where heat loss is quick and common. Seek out waterproof and windproof garments with features such as sealed seams. Choosing brightly colored coats, hats and scarves makes kids easier to see in the snow.

• **Learn more.** For more information, to order online or to find stores, visit www.landsend.com or call (800) 800-5800.