










Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>April 1 – April Fool’s Day! Play some energizing latin music & dance around the kitchen while preparing breakfast!</p>			<p>April 4 from 1-3pm FAMILY SKATE in Support of PRO Kids Fort William Gardens. Featuring beginners skating area, games, prizes and face painting prokidsthunderbay.ca</p>
<p>Plan a “walk and talk” outing with other families</p> 			<p>April 8 - Talk to your child’s teacher to find out if they are registered for the Annual “Turn off the Screens” Event</p>		<p>Go to the neighbourhood playground, enjoy climbing and swinging</p> 	
	<p>When your children are learning to ride a bicycle, put on your running shoes and run along side. Teach them bicycle safety as you’re going along</p>		<p>Workin’ It Out – Move to music using various forms of locomotion such as skipping, sliding, crab walking</p>			<p>April 18 - Run for Life 5km Run/Walk 10:00 am at Confederation College, Ryan Hall. \$25.00 for adults, but free to children under age 13. Pets are welcome on the route only. Call 684-6033 for details</p>
<p>April 19 - 25 Celebrate Earth Week!</p> 			<p>April 22 – Earth Day Canada Plant a Tree, Walk to School, Start a compost bin!</p>			<p>April 25 - Think Green & Recycle! Clean out your bedroom & have a yard sale next weekend</p>
<p>An active lifestyle is healthy and fun for the entire family. Build physical activities into your family’s routine. We all learn by example. If you spend your evening in front of the TV you won’t inspire others to be more active. Set an example by making physical activity a priority in your life!</p>						
<p>To view the monthly calendar, visit www.tbdhu.com, click on schools & workplace tab, click on “Family Physical Activity Calendar”</p>						