



Daily Physical Activity - What Parents and Students Can Do At Home

January 2010

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Do New Years Resolutions quickly fall by the wayside as life gets busy? Think about all of the good and not so good things about your current and planned fitness routine so you'll have a deeper commitment. Set SMART (specific, measurable, achievable, realistic, timely) goals that are tied to behaviour and not to weight loss. For example I will be active 2 days during the work/school week with my family after supper. Want more about achieving your goals? Call Stasia Starr, PHN at the Thunder Bay District Health Unit, at 625 – 5979.</p>						<p>1 Happy New Year! Resolve to make regular physical activity a part of your family's routine.</p>
<p>3 Olympic Torch Relay - Come see the Olympic flame as it makes its way to the 2010 Winter Olympics in Vancouver/Whistler at the Community Auditorium from 6-8pm. Visit thunderbay.ca for more details.</p>			<p>6 Revive your "Walking Wednesday" for 2010. Take turns with friends in the neighbourhood to walk to & from school with your children!</p>			<p>9 Have a snowman or sculpture building challenge.</p>
				<p>14 Replace "you can't watch TV" with "let's pause to play" & you will be amazed by the creativity that abounds! Your family will enjoy making memories with you rather than sitting idly watching TV.</p>	<p>16 Volunteer at the animal shelter. Animals need love, attention and exercise. This is a great opportunity for the whole family.</p>	
	<p>18 Encourage your children to be active at recess and lunch time. Make sure they're dressed appropriately and have proper footwear for running around</p>			<p>20 Sign out one of the Health Unit's new yoga videos for children. Encourage your entire family to participate. Call 625-5901 for more information.</p>		<p>23 Bundle up and go ice fishing! Visit www.mnr.gov.on.ca for regulations.</p>
		<p>26 Set up an indoor hopscotch or four-square game with masking tape on the floor. Have a contest to determine who gets to wash dishes that night!</p>			<p>28 When it snows, get enough shovels for the whole family to help clear the sidewalks and steps. Consider helping your neighbors with theirs too!</p>	
<p>31 Play blanket gymnastics Set up a safe area with a few blankets for pads, and practice your balancing and tumbling.</p>					<p>To view the monthly calendar, visit www.tbdhu.com, click on school & workplace tab, scroll down to "Family Physical Activity Calendar"</p>	