




# Daily Physical Activity

## What Parents and Students Can Do At Home

### February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Did you know?...</b> February is Heart Health Month. Log onto <a href="http://heartandstroke.on.ca">heartandstroke.on.ca</a> for great ideas....</p>			<p>Have a ball in the snow: throw, catch, kick or roll!</p>			<p>Take a moonlight or flashlight walk in the evening. Go star gazing.</p> 
<p>Take a sneak peak at spring. Visit an indoor garden at the Conservatory.</p> 				<p>Don't hibernate walk to school.</p>		<p>Play hockey at one of the lighted outdoor rinks.</p> 
			<p>Hit the slopes! Go skiing, snowboarding or tubing.</p> 			
<p>Try a new winter activity, such as curling or broomball.</p> 			<p>Bundle up and go bird watching.</p> 	<p>To view the monthly calendar, visit <a href="http://tdhu.com">tdhu.com</a> Click on school &amp; workplace tab Click <b>Physical Activity Calendar</b></p>		