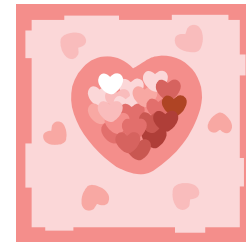




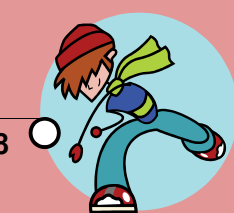


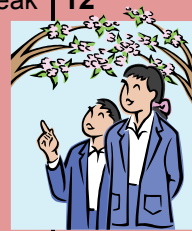



# Daily Physical Activity

## What Parents and Students Can Do At Home



February 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Toss a Frisbee in the snow</p> 	2	<p>3 Take a moonlight or flashlight walk in the evening. Go stargazing</p> 
4	5	<p>6 Have a ball in the snow: throw, catch, kick or roll!</p> 	7 Run through the snow	8	9	10
<p>11 Take a sneak peak at spring. Visit an indoor garden at the Conservatory</p> 	12	13	<p>14 Take the blankets off the bed and play parachute games</p>	15	<p>16 Put a new spin on tobogganing: try snow tubing</p> 	17
<p>18 Try a new winter activity, such as curling or broomball</p> 	19	<p>20 Action TV: Do sit ups or jumping jacks and climb stairs during commercials</p>	21	<p>22 Pull on your boots and walk to school</p>	23	<p>24 Play snowman tag</p>
25	<p>26 Bundle up and go bird watching</p>	<p>27</p> 	28	<p><b>Remember! Be sure to wear the proper safety gear. Helmets are required for snowboarding and recommended for tobogganing and skating.</b></p>		