



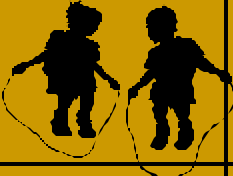





Daily Physical Activity

What Parents and Students Can Do At Home

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Play an active game: Twister, Simon Says...	2	3 Learn or make up a game and teach it to a friend	4
5	6 Do a fitness program on TV or video	7 	8	9	10 	11 Go fly a kite. Buy or make one for every one in the family & see who can fly the highest or the longest
12 Have a street hockey tournament for the neighbourhood	13 	14	15 	16 Jump rope	17 	18 Go bowling with the family
19	20	21 Play Frisbee with a neighbour or friend	23	24	25 BOWLING	26
27 Play dodge ball	28	29	30 Play games with soft indoor balls, paper balls or balloons	Kick Some Variety Into Your Month! Choose a different activity every day. Have everyone in the family write down their favourite activity on a calendar on a day when you can do them.		

To view the monthly calendar, visit www.tbdhu.com, click on school & workplace tab, scroll down to "Daily Physical Activity Calendar"