








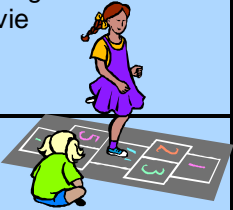


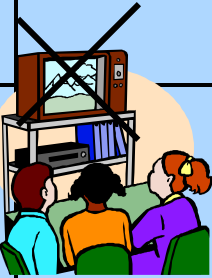

# Daily Physical Activity

## What Parents and Students Can Do At Home

### Ideas for your Newsletter and School Calendar



## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Play hide and seek in the snow		Have a snowman or sculpture building challenge		
Try a dogsled pull with your family and friends 		Play hockey at the outdoor rink 				Check out the winter wonderland at the park
	Build a snow fort or igloo (without a roof) 			Encourage your children to be active at recess and lunch time. Make sure they're dressed appropriately and have proper footwear for running around		Take out a fitness video when you rent a movie. Do the fitness video together before settling in for the movie 
		When it snows, get enough shovels for the whole family to help shovel the sidewalks and steps in your neighbourhood 			Set up an indoor hop scotch or bowling lane with masking tape on the floor 	
Replace "you can't watch TV" with "let's turn the TV off and play something fun together" 			Play blanket gymnastics – set up a safe area with a few blankets for pads, & practice your balancing & tumbling 		<b>Does the easy chair look tempting during the winter months?</b> Dress for the weather when playing outside. Get family and friends involved. Make it a family challenge. Motivate each other. Try new things. Track your progress. Choose activities that are fun and convenient for everyone!	

To view the monthly calendar, visit [www.tbdhu.com](http://www.tbdhu.com), click on school & workplace tab, scroll down to "Daily Physical Activity Calendar"