



Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Go shopping. Speed walk around the mall 5 times. Carrying the packages builds your strength		Shovel snow 			Help with house work-vaccum with vigor!
	Make snow angels 				Go tobogganing with friends. Play safe!	
Go skating 			Try snowshoeing 			Decorate the Christmas tree to the tunes of your favourite carols! 
	Build a snowman 		Play snow volleyball	Merry Christmas!		Build a snow castle 
Try snow bowling with the family	Go for a winter hike		Happy New Year!	<p>Winter Fun for Everyone! Physical activity does not have to be hard to benefit your family's health! Fun is the name of the game!</p>		

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