

Helpful Active Web Sites

www.5to10aday.com

www.active2010.ca

www.activehealthykids.ca

www.capherd.com

www.dietitians.ca/eatwell

www.familyfun.com

www.gameskidsplay.net

www.goforgreen.ca

www.healthcanada.ca

www.healthunit.org/physact/home/home.htm

www.kidnetic.com

www.kidshealth.org

www.ohhn.ca/physical/activity.asp

www.ophea.com

www.paguide.com

www.summeractive.canoe.ca

www.tbdhu.com