



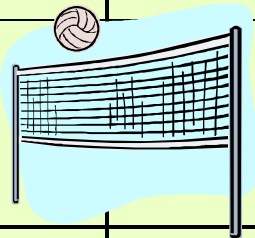
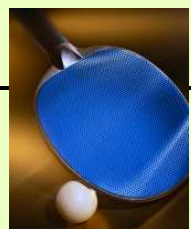




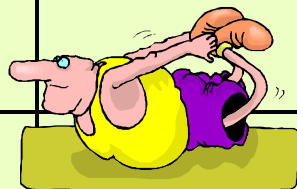

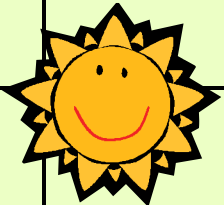
Daily Physical Activity

What Parents and Students Can Do At Home



March 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Play indoor volleyball.</p> 		<p>Have Crazy Carpet races!</p>	<p>Have a family game of "Twister".</p>	<p>Play Ping Pong (use your kitchen table).</p> 		<p>Organize a Hula-Hoop contest with your family.</p>
<p>Play Hockey, Soccer or touch Football in the snow.</p>		<p>Get your feet wet...take an Aquafit class, swim, play water polo.</p> 				<p>Start your spring cleaning early.</p>
	<p>Even though it's still cold the sun's rays are getting stronger. Use sunscreen on exposed skin.</p>		<p>Play Hacky Sack.</p>	<p>Do some stretching exercises.</p> 	<p>Strap on your skis...downhill or cross-country.</p>	
		<p>Kick up your heels with Hip Hop, Salsa or Line Dancing.</p>				
<p>Watch out for the sun when playing outside.</p>		<p>Everybody needs three types of physical activity: endurance, flexibility and strength. To get the most health benefits from these activities, remember to do them for at least 10 minutes at a time. Try for at least 30 minutes of activity a day that gets your heart beating faster. Household chores count, too!</p>				

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