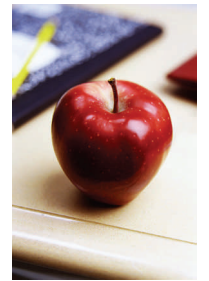





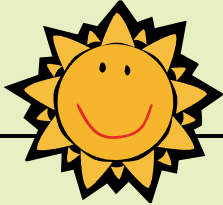





Daily Physical Activity

What Parents and Students Can Do At Home

March 2007



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|--|
| | | | | 1 Have Crazy Carpet races! | 2 | 3 Organize a Hula-Hoop contest with your family. |
| 4 Play indoor volleyball. | 5  | 6 | 7 Have a family game of "Twister". | 8 | 9  | 10 |
| 11 Play Hockey, Soccer or touch Football in the snow. | 12  | 13 Get your feet wet...take an Aquafit class, swim, play water polo. | 14  | 15 Play Ping Pong (use your kitchen table). | 16 | 17 Start your spring cleaning early.  |
| 18 Watch out for the sun when playing outside.  | 19 Even though it's still cold the sun's rays are getting stronger. Use sunscreen on exposed skin.  | 20 | 21 Play Hacky Sack. | 22 Do some stretching exercises.  | 23 | 24 Strap on your skis...downhill or cross-country.  |
| 25 | 26 | 27 Kick up your heels with Hip Hop, Salsa or Line Dancing. | 28 | 29 | 30 | 31 |

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 and makes your breathe faster. Household chores count, too!