







Daily Physical Activity - What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Take a dog for a jog. If you don't have one, borrow a neighbour's		Find a pal or parent and walk/bike to and from school	Clean up the yard
			International Walk to School Day		Play hopscotch	
	←	Walk To	School	Week	→	
	Play hide and seek			Walk to the library		
Decorate the yard for Halloween	Rake the leaves		Always take the stairs instead of the elevator		Take a heart pumping walk for 30 minutes	Go for a nature walk with family & friends & see who can find the most different kinds of leaves & rocks
Daily Physical Activity - The Key to Your Health 1. Be more active everyday 2. Get the whole family involved 3. Make it fun! For your health, for your children's health, have fun & live an active				Walk safely as you're "trick or treating"		

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