





# Daily Physical Activity

## What Parents and Students Can Do At Home



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Play snow volleyball 	2
3 Go shopping. Speed walk around the mall 5 times. Carrying the packages builds your strength.	4 	5 Go skating 	6	7 Try snowshoeing 	8	9 Go tobogganing with friends. Play safe!
10	11 Winter treasure hunt	12	13 Make snow angels 	14	15 	16 Decorate the Christmas tree to the tunes of your favourite carols!
17 Help with house work...vacuum with vigour! 	18 	19 Build snow castles	20	21 Shovel snow 	22	23
24 Try snow bowling with the family.	25 Go for a winter hike. Merry Christmas!	26 Build a snowman 	27	28	29	30
31 Have a family or neighbourhood Snow Pitch game (slow pitch in the snow). 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> <p>To view the monthly calendar, visit <a href="http://www.tbdhu.com">www.tbdhu.com</a>, click on school &amp; workplace tab, scroll down to "Daily Physical Activity Calendar"</p>					