










# Daily Physical Activity

## What Parents and Students Can Do At Home

### June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>June is Recreation and Parks Month. "Time to Play!"</b> Kick off outdoor play by enjoying our beautiful parks, facilities and programs. Check out <a href="http://thunderbay.ca/recmonth">thunderbay.ca/recmonth</a> for a calendar of free or low cost events around the city. Info: 625-2351</p>		<p>Use active transportation all week to improve your health, save the environment &amp; save money! Register at <a href="http://commuterchallenge.ca">commuterchallenge.ca</a></p>				<p>Dance, Dance, Dance! Visit your local library &amp; borrow some great dance music CD's!</p> 
<p>Plant a tree on your boulevard! With only 4 easy steps, log onto <a href="http://treestewardship.com">treestewardship.com</a> for more information</p>			<p>Remember those big bouncy exercise balls? Pull it out &amp; either use it to do your routine with your kids or play with it (bounce it, kick it, roll it – the size makes it more fun!)</p>			
<p><b>Adopt a Park</b> The City of Thunder Bay is looking for people to help keep our parks beautiful this summer. Great way to get active, teach your kids the value of volunteering &amp; help your community! Call 625-2351 for information</p>						<p>Tennis time! Check out all the FREE local tennis courts. Log onto <a href="http://thunderbay.ca">thunderbay.ca</a> for more information.</p>
<p>Enjoy a family swim ~ Splash pads, pools and beaches are opening soon! Need hours? Check out <a href="http://thunderbay.ca">thunderbay.ca</a></p>			<p>Summer in the Parks - Free concert every Wednesday in Marina Park from 6 pm to 9 pm</p>			
<p>To view the monthly calendar, visit <a href="http://tbduh.com">tbduh.com</a>. Click on school &amp; workplace tab Click Physical Activity Calendar</p>			<p>Even though school is out for the summer, don't forget to enjoy the school playgrounds over the summer months. There are huge fields, play structures, basketball courts, ~ Lots of space to run &amp; play with the family!</p>	<p>Chippewa Fun Day Log onto <a href="http://chippewapark.ca">chippewapark.ca</a> to find out more!</p>	<p>Plan a fun filled physical family Canada Day Celebration including potato sack races, relay races, mystery hunt for Canadian themed items, or a volleyball or soccer game.</p>	