











Daily Physical Activity

What Parents and Students Can Do At Home Ideas for your Newsletter and School Calendar

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Start each morning with a 10-minute stretch and wake up session before breakfast		Blow bubbles and try catching them	
Plan a “walk and talk” outing with other families.				Bowlerama – Place a target at the end of the hallway (i.e. plastic cups). Standing at the opposite end of the hall, roll a small ball and try to hit the target		Go to the neighbourhood playground, enjoy climbing and swinging
	When your children are learning to ride a bicycle, put on your running shoes and run along side. Teach them bicycle safety as you're going along		Workin' It Out – Move to music using various forms of locomotion such as skipping, sliding, crab walking			Spring is here! Rake the grass to help it grow 
As a family, train and fundraise for a charity walk or run		Make up a dance to your favourite song. Pick a new favourite song every month	Birds are coming back – go bird watching and see how many birds you can spot		Take those few extra steps and use the upstairs bathroom	
Wash and wax the car with the whole family				<p>An active lifestyle is healthy and fun for the entire family. Build physical activities into your family's routine. We all learn by example. If you spend your evening in front of the TV you won't inspire others to be more active. Set an example by making physical activity a priority in your life!</p>		