

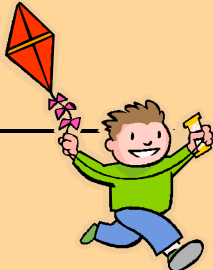





Daily Physical Activity - What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Find a pal or parent and walk/ bike to and from school		International Walk to School Day			Clean up the yard
	←	Walk To	School	Week	→	
		Take a dog for a jog. If you don't have one, borrow a neighbour's			Play hopscotch	
	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
		Walk safely as you're "trick or treating"	Daily Physical Activity—The Key to Your Health <ol style="list-style-type: none"> 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 and live an active life			

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