












Daily Physical Activity

What Parents and Students Can Do At Home



April 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Workin' It Out – Move to music using various forms of locomotion such as skipping, sliding, crab walking	3 	4 Start each morning with a 10-minute stretch and wake up session before breakfast	5 	6 Blow bubbles and try catching them 	7
8 Plan a “walk and talk” outing with other families. 	9	10	11	12 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	13 	14 Go to the neighbourhood playground, enjoy climbing and swinging
15	16 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	17	18 Birds are coming back – go bird watching and see how many birds you can spot 	19	20	21 Spring is here! Rake the grass to help it grow 
22 As a family, train and fundraise for a charity walk or run	23 	24 Make up a dance to your favourite song. Pick a new favourite song every month	25	26	27 Take those few extra steps and use the upstairs bathroom	28 Wash and wax the car with the whole family 
29	30 April 30 th First day of Turn Off the Screens and Get Active Challenge! Can you survive a week without the TV, computer and video game screens? Check out www.tbduh.com	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <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> </div>				