






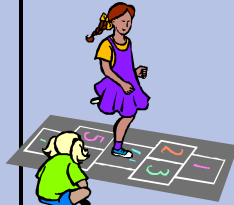



Daily Physical Activity

What Parents and Students Can Do At Home



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Year!		
<p>Try a dogsled pull with your family and friends</p> 		<p>Play hockey at the outdoor rink</p> 				<p>Check out the winter wonderland at the park</p>
	<p>Build a snow fort or igloo (without a roof)</p> 			<p>Encourage your children to be active at recess and lunch time. Make sure they're dressed appropriately and have proper footwear for running around</p>		<p>Take out a fitness video when you rent a movie. Do the fitness video together before settling in for the movie</p>
<p>Play hide and seek in the snow</p>		<p>When it snows, get enough shovels for the whole family to help shovel the sidewalks and steps in your neighbourhood</p> 			<p>Set up an indoor hop scotch or bowling lane with masking tape on the floor</p> 	
<p>Replace "you can't watch TV" with "let's turn the TV off and play something fun together"</p> 			<p>Play blanket gymnastics – set up a safe area with a few blankets for pads, and practice your balancing and tumbling</p>	<p>Have a snowman or sculpture building challenge</p>	<p>Does the easy chair look tempting during the winter months?</p> <p>Dress for the weather when playing outside. Get family and friends involved. Make it a family challenge. Motivate each other. Try new things. Track your progress. Choose activities that are fun and convenient for everyone!</p>	

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