













Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar



May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Turn Off the Screens & Get Active Challenge May 5 - 9	5 Amazing Race Scavenger Hunt at Gammondale Farm 	6 Basetball, road hockey, BBQ!! Patterson Park with Police Dept.	7 Twoonie swim at the Canada Games Complex 	8 March with the Cadets at Boulevard Lake	9 Free swim at Churchill and Volunteer Pools 	
Give your child their own garden space to prepare, plant and tend 		Plan a walk everyday after dinner and chart your steps/KM on a map on the fridge 		Replace "you can't watch TV" with "let's turn the TV off and play something fun together" 		Royal LePage Women's Run - B 
Get a free Thunder Bay Trails Map (phone 625-5923) and take a hike to try them out 			Have a neighbourhood parade! Include children from around the neighbourhood, with bikes, marching, and all sorts of dressing up 		Reward children with activity, instead of food or movies. How about swim passes to the local pool? 	
<p>Did you know? Fewer than half of Canadians are active enough for good health. The rest of us have to take steps and start moving!</p> <p>Setting goals Start simple. Be realistic. Write down your goals. Keep your goals flexible. Involve the whole family.</p>						