








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

May 2010

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Turn Off The Screens Challenge from May 3 – 7<sup>th</sup>. Challenge your family to “Pause to Play” &amp; get active together. <a href="http://TBDHU.com">TBDHU.com</a></b>				1 Folklore Festival at the Fort William Gardens . May 1 & 2nd
<b>2</b> Experience the diverse cultural sights, sounds and flavours of Thunder Bay. <a href="http://folklorefestival.ca">folklorefestival.ca</a>	<b>3</b> Amazing Race Scavenger Hunt at Gammondale Farm from 6 – 8 pm.	<b>4</b> Superior Bowla-drome Bowling Night from 4 – 10 pm. \$2.50/person including shoes. 	<b>5</b> Twoonie Swim at the Canada Games Complex from 7 – 9pm.	<b>6</b> Join the MNR & the Boys & Girls Club of Thunder Bay at the Windsor St. location for a fire-fighting challenge & more.	<b>7</b> Free Swim at Churchill & Volunteer Pools from 6 – 8:30 pm. 	<b>8</b> Mayor's Walk at the Current River Community Centre. Women's United Run. Boulevard Lake.
<b>9</b>	<b>10</b> International Move for Health Day. Pack a healthy snack & take your family to the park. 	<b>11</b>	<b>12</b> Canada Health Day. Plan a daily walk after dinner and chart your steps/km. Call 625-5979 for helpful resources!	<b>13</b>	<b>14</b>	<b>15</b> International Day of Families. Log onto <a href="http://TBDHU.com">TBDHU.com</a> and search “signs of spring scavenger hunt” to challenge the whole family.
<b>16</b>	<b>17</b>	<b>18</b> Use household chores as a fitness class. Assign everyone a task. Pick a favourite tune and turn up the music!	<b>19</b> 	<b>20</b> Reward children with activity, instead of food or movies. How about swim passes to the local pool?	<b>21</b>	<b>22</b> Take out your stored sports equipment and make sure everything is working properly for the summer!
<b>23</b>	<b>24</b> Celebrate Victoria Day! Help your child to plan and prepare their own garden.	<b>25</b> 	<b>26</b>	<b>27</b> Get a free Thunder Bay Trails Map and take a hike to try them out. Phone 625-5923 for a copy.	<b>28</b> 	<b>29</b>
<b>30</b> The Thunder Bay Kite Festival Location TBA! Commuter Challenge starts today! <a href="http://communter-challenge.ca">communter-challenge.ca</a>	<b>31</b>	<b>Did you know?</b> The Canadian Physiotherapy Association is encouraging parents to ensure their children do a proper warm up, have the right safety equipment, and get adequate food and water after activities. This is to reduce the likelihood of an injury developing into other injuries and to prevent chronic joint problems.				