










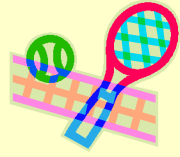
Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar

June 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>June is Recreation and Parks Month. "Time to Play!". Kick off outdoor play by enjoying our beautiful parks, facilities and programs. Check out www.thunderbay.ca/recmonth for a calendar of free or low cost events around the city.</p>						
Hike, bike, do what you like!	Rent a canoe or kayak and go for a paddle	Play croquet 		Play ball! Kick, catch, roll and throw!	Climb a tree	Go to the driving range or play min-golf 
Play baseball 	Go puddle jumping		Game of volleyball anyone?	Play basketball 		Have a potato sack race
	Organize a mystery race in which everyone hunts for a hidden object	Run relay races	Build obstacle courses and organize individual or team challenges	Dance! Dance! 		Have a family or neighbourhood soccer game
	Play sidewalk chalk games (hopscotch, 4-square)					
<p>Most of all have an active, happy and safe summer!</p>						