













Daily Physical Activity

What Parents and Students Can Do At Home

Ideas for your Newsletter and School Calendar



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Help with house work-vaccum with vigor!
Go skating 		Go shopping. Speed walk around the mall 5 times. Carrying the packages builds your strength 		Try snowshoeing 		Go tobogganing with friends. Play safe! 
	Winter treasure hunt 					Decorate the Christmas tree to the tunes of your favourite carols! 
Make snow angels 			Play snow volleyball	Shovel snow 		
Try snow bowling with the family	Go for a winter hike	Build a snowman Merry Christmas! 				Build a snow castle 
Have a family or neighbourhood Snow Pitch game (slow pitch in the snow)	Happy New Year!	Winter Fun for Everyone! Physical activity does not have to be hard to benefit your family's health! Fun is the name of the game!				

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