




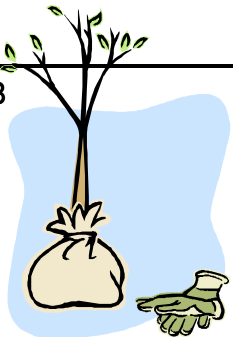
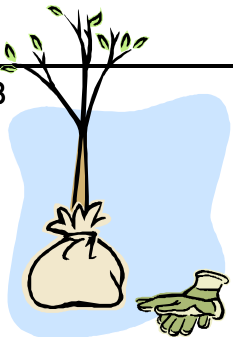



Daily Physical Activity - What Parents and Students Can Do At Home

June 2010

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Clean Air Day – Walk to school with your kids Share the day with other parents. Visit saf-eroutestoschool.ca for loads of awesome ideas!	3	4 June 4 - 6 George Jeffrey Children's Centre Soap Box Races Log onto georgejef-freyfoundation.com to register	5 The RELAY FOR SHELTER welcomes participants of all ages. Be ready for some activities, competition and fun. Visit shelterhouse.on.ca
6 The Chronicle Journal Kids Fun Run. Ages 5-14 with separate categories & lots of other fun activities. Register on fitnesscentre.com	7 	8	9 	10 Bring out your exercise balls. Use it to do your routine with your kids or play with it. Bounce it, kick it, roll it – the size makes it more fun!	11 & 12 & 13 Benny Birch's 28 th Birthday Party at Chippewa Park Log onto sjftb.net for exciting details	
13	14 	15	16 Adopt a Park to help keep our parks beautiful. Great way to get active, teach your kids the value of volunteering Call 625-2351 for information	17	18 & 19 Relay for Life Come out and walk for an amazing cause! The relay is an overnight celebration with concerts, refreshments, games for the kids and loads of family fun. nw@ontario.cancer.ca to register	
20	21 	22	23 Summer in the Parks Begins Free concert every Wednesday in Marina Park from 6 pm to 9 pm	24	25 Outdoor pools, Boulevard Lake & Chippewa Beach are now open with supervision! Details on thunderbay.ca	26
27 Plant a tree on your boulevard! log onto treestewardship.com for more information	28 	29	30 Begin planning your fun filled family Canada Day Celebration! Include potato sack races, relay races, or mystery hunt for Canadian themed items.		<p>Everybody needs three types of physical activity: endurance, flexibility and strength. To get the most from these activities, remember to do them for at least 10 minutes at a time. Try for at least 60 minutes of activity a day that gets your heart beating faster and makes your breathe faster.</p>	