



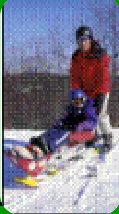







Daily Physical Activity

What Parents and Students Can Do At Home



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Now that there is snow on the ground (hopefully!), toboggan with your kids at Centennial Park!
	Christmas shopping? Consider gifts that encourage activity—skis, sleds, skates, or warm outdoor clothing.			Don't spend another moment worrying about the "perfect gift". What your kids really want is a fun family day!		
	Outdoor skating rinks are open! Sharpen your skates and take advantage of a local rink! www.thunderbay.ca	Dance away to merry music while preparing your home for the holidays!				Pack up some healthy snacks and go cut your own Christmas tree. Spend the afternoon decorating it!
			Take a family walk through your neighbourhood after dinner to check out the sparkling outdoor decorations!			Celebrate Christmas Eve with a new twist! Try outdoor bocce ball!
Merry Christmas! Rejoice with friends and family!	Happy Boxing Day! Don't waste time in stores, try out your new active gifts!		Recycle your Christmas tree at a local depot!			New Year's Eve Family Frolic, Fort William Historical Park. www.fwhp.ca