
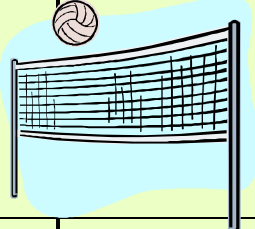

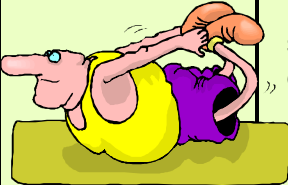



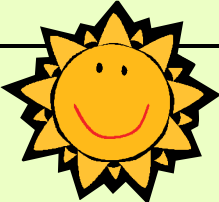


Daily Physical Activity

What Parents and Students Can Do At Home



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Strap on your skis...downhill or cross-country.</p> 			<p>Play indoor volleyball.</p> 			
		<p>Get your feet wet...take an Aquafit class, swim, play water polo.</p> 			 <p>Do some stretching exercises.</p>	
<p>Go skating at an outdoor rink</p> 				<p>Even though it's still cold the sun's rays are getting stronger. Use sunscreen on exposed skin.</p> 		
						<p>Play Ping Pong (use your kitchen table).</p>
	<p>Watch out for the sun when playing outside.</p>		<p>Everybody needs three types of physical activity: endurance, flexibility and strength. To get the most health benefits from these activities, remember to do them for at least 10 minutes at a time. Try for at least 30 minutes of activity a day that gets your heart beating faster. Household chores count, too!</p>			

To view the monthly calendar, visit www.tbdhu.com, click on school & workplace tab, click on "Family Physical Activity Calendar"