









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

February 2010

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b> February is Heart Health Month. Log onto <a href="http://heartandstroke.on.ca">heartandstroke.on.ca</a> for great ideas on how to keep your heart healthy!</p>				<p><b>Remember! Be sure to wear the proper safety gear. Helmets are required for snowboarding and recommended for tobogganing and skating.</b></p>	
<p><b>7</b> Enjoy a fun-filled afternoon of art making and entertainment with your family! Thunder Bay Art Gallery from 1 - 4 p.m. Cost is \$1 per person.</p>			<p><b>10</b> It's winter! Don't hibernate – walk to school and celebrate! It's Ontario's Winter Walk Day for schools.</p>			<p><b>13 - 15</b> Voyageur Winter Carnival at the Fort William Historical Park.</p>
<p><b>13, 14 &amp; 15</b> Experience sleigh and dog sled rides, the big snow hill, and explore the giant snow maze! There will be great live entertainment, outdoor games, and indoor crafts. Top it off with good food and fun! It's a great way to celebrate the season! Visit <a href="http://fwhp.ca">fwhp.ca</a></p>				<p><b>18</b> Take advantage of the lighted hockey rinks and organize a boot hockey game.</p>		<p><b>20</b> Join us at the Fort William Historical Park from 10am – 4 pm for traditional winterfest activities! There is no cost. Transportation is available. Participants must pre-register by February 15th and space is limited to the first 125 participants.</p>
<p><b>To view the monthly calendar, visit <a href="http://www.tbdhu.com">www.tbdhu.com</a>, click on school &amp; workplace tab, scroll down to "Family Physical Activity Calendar"</b></p>	<p><b>23</b> There's more sun at the end of the day to get in some sledding before dinner at a nearby hill.</p>			<p><b>27</b> The last day of the 2010 Olympics is tomorrow &amp; the Paralympics start March 12th. Keep the excitement by hosting an Olympic Games weekend with neighbours &amp; friends. Download ideas from <a href="http://tbdhu.com">tbdhu.com</a>.</p>	