



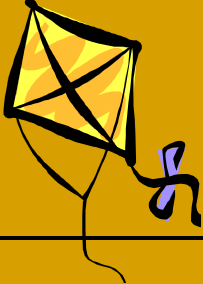





Daily Physical Activity

What Parents and Students Can Do At Home



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Learn or make up a game and teach it to a friend	
	Do a fitness program on TV or video 			Play an active game: Twister, Simon Says...		Go fly a kite. Buy or make one for everyone in the family & see who can fly the highest or the longest
Have a street hockey tournament for the neighbourhood 		Jump rope 		Play games with soft indoor balls, paper balls or balloons		Go bowling with the family
Play dodge ball						
			Play Frisbee with a neighbour or friend	Kick Some Variety Into Your Month! Choose a different activity every day. Have everyone in the family write down their favourite activity on a calendar on a day when you can do them		

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