








# Daily Physical Activity - May 2009

## What Parents and Students Can Do At Home

### Ideas for your Newsletter and School Calendar

To view the monthly calendar, visit [www.tbdhu.com](http://www.tbdhu.com), click on schools & workplace tab, scroll down to "Daily Physical Activity Calendar"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Did you know?</b> Fewer than half of Canadians are active enough for good health. The rest of us have to take steps and start moving!  <b>Setting goals</b> Start simple. Be realistic. Write down your goals. Keep your goals flexible. Involve the whole family. Reward yourself for reaching your goals – with a healthy reward.</p>						<p><b>2</b> RBC Royal Bank Mayor's Walk  <a href="http://www.volunteer.thunderbay.ca">www.volunteer.thunderbay.ca</a></p>
<p><b>Turn Off the Screens &amp; Week - May 4 - 8</b>  <b>For more info. Go to <a href="http://www.tbdhu.com">www.tbdhu.com</a>, click on Schools &amp; Workplace tab, go to Turn Off the Screens, scroll down to get the calendar of events &amp; other resources</b></p>	<p><b>4</b> Patterson Park basketball, road hockey, BBQ - 6 - 9 pm.; Superior Bowladrome - 4 -10 pm</p>	<p><b>5</b> Gammondale Farm - 6-8 pm. Scavenger Hunt</p> 	<p><b>6</b> Twoonie swim at the Canada Games Complex 7– 9 pm.</p> 	<p><b>7</b> MNR firefighting challenge - Marina Park 6-8 pm. - Free; Fresh Air Walk, 311 Victoria Ave. E. 6:30 pm. - Free</p>	<p><b>8</b> Free swim at Churchill and Volunteer Pools - 6 - 8:30 pm.; Sports Dome - Family Mini Putt 6 - 8 pm.</p>	<p><b>9</b> Royal LePage 30<sup>th</sup> Annual Women's United Run</p> 
<p><b>10</b> Celebrate "Move for Health Day" by packing a healthy lunch &amp; taking your family to the park.</p> 		<p><b>12</b> Plan a walk everyday after dinner and chart your steps/km on a map on the fridge. Call 625-5979 for helpful resources!</p>			<p><b>15</b> Replace "you can't watch TV" with "let's turn the TV off and play something fun together"</p> 	
	<p><b>18</b> Celebrate Victoria Day! Help your child to prepare, plant, and tend their own garden.</p> 					<p><b>23</b> Take out your stored sports equipment &amp; make sure everything is working properly &amp; ready to go for the summer!</p>
			<p><b>27</b> Hershey Youth Challenge. <b>Free</b> fun track &amp; field event at Chapples Park. Call George at 577-5396.</p> 			<p><b>30</b> Attention Parents! 2009 Commuter Challenge is starting tomorrow. Get your bikes, rollerblades, &amp; shoes out &amp; participate in the Challenge! Be your child's role model!  <a href="http://www.commuterchallenge.ca">www.commuterchallenge.ca</a></p>