




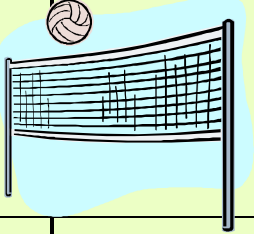
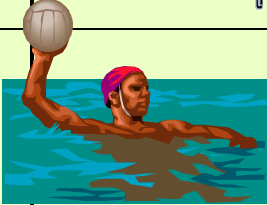




Daily Physical Activity

What Parents and Students Can Do At Home



March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strap on your skis...downhill or cross-country. 			Play indoor volleyball. 			March 7 -Busy Bodies Workshop for Parents of 3-5 yr. olds; 10-12 pm Algonquin School Register with Kim @ 625-8315
		Get your feet wet...take an Aquafit class, swim, play water polo. 				
March 15 - Free Public Skating from 2-4 pm - Carrick Park, Current River, Wayland Park, West Thunder 				Even though it's still cold the sun's rays are getting stronger. Use sunscreen on exposed skin. 		March 21 - Visit the Centennial Conservatory –FREE - open daily 1-4 pm. Located on Dease St. Call 622-7036
March 22 - Borrow the "Get Active Now" Equipment Bag Ogden Community Centre - 12-2 pm 625-3220 			On Apr. 2 see Dr. Marla Shapiro discuss benefits of a healthy lifestyle for our children. Register by Mar. 25 @ www.nosm.ca			March 28 - Goal Ball Ogden Community Centre 12-2 pm Call Stephen @ 625-3220
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!						

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