













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

December 2009

Ideas for your Newsletter and School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>2 - Walking Wednesday – Commit to walking to school with your children on the first Wednesday of each month!</p>			<p>5 - The Santa Shuffle 5k Fun Run and 1km Elf Walk at 10am Take part in this annual fundraiser for the Salvation Army. Visit <a href="http://www.santashuffle.com">www.santashuffle.com</a></p>
<p>6 - Holiday shopping? Consider gifts that encourage activity like snowshoes, skis, sleds, or outdoor clothing.</p> 		<p>8 - Don't spend another moment worrying about the "perfect gift". What your kids really want is a fun family day!</p> 		<p>10 - Take a family walk through your neighbourhood after dinner to check out the sparkling outdoor decorations!</p>		<p>12 - "Santa's Magic Hat" puppet show from 2:30 – 3:30 at Brodie Library</p> 
<p>13 - Pack up some healthy snacks &amp; go cut your own Christmas tree. Spend the afternoon decorating it!</p> 		<p>15 - Dance away to merry music while preparing your home for the holidays!</p> 			<p>18 - Now that there is snow on the ground (hopefully!), toboggan with your kids at Centennial Park! Lights on until 10 p.m.!</p>	
	<p>21 - Outdoor skating rinks are open! Sharpen your skates &amp; take advantage of a local rink! Visit <a href="http://www.thunderbay.ca">www.thunderbay.ca</a> for locations.</p>			<p>24 - Celebrate Christmas Eve with a new twist! Try outdoor bocce ball!</p>	<p>25 - Merry Christmas! Rejoice with friends &amp; family!</p> 	<p>26 - Happy Boxing Day! Don't waste time in stores; try out your new active gifts!</p>
	<p>28 - Recycle your Christmas tree at a local depot!</p>			<p>31 - New Year's Eve Family Frolic from 6-10 p.m. Fort William Historical Park. Visit <a href="http://www.fwhp.ca">www.fwhp.ca</a> for details.</p>	<p>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"</p>	