

## ***Give the gift of physical activity***

When choosing gifts, consider items that can have a lasting impact on the health of your children. Consider gifts that they can enjoy over and over again such as:



***Sports equipment:*** skipping rope, football, soccer ball, baseball glove and bat, skateboard, skates, hockey or basketball net, sports helmet, bicycle, toboggan or snowshoes

***Activities:*** lessons for swimming, dance, aerobics, sports

***Active Clothes:*** T-shirts, track suit, swimsuit, ski suit, knee and elbow pads, hat/scarf/mitts, running shoes, winter boots, water bottle

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