



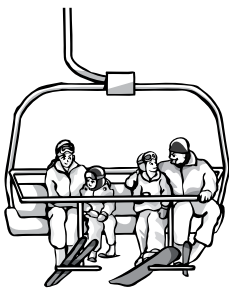
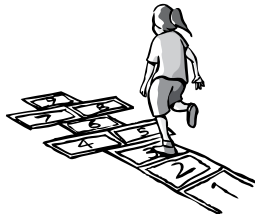
Play in the house:

- › Try taking different exercise videos out of the library. Look for ones geared to your child's/youth's age, such as:
 - Yoga, Pilates or Hip hop dance
 - Silly movement songs/ dancing for younger children
- › Keep exercise equipment like free weights (or try using 2 soup cans) or exercise balls in an area you can see them. You can use them during T.V. commercials or when you take built in breaks
- › Adapt outdoor games to inside (e.g. games with balloons or soft balls)



Try outdoor activities:

- › Biking
- › Swimming
- › Rock climbing
- › In line skating
- › Kayaking
- › Walking or hiking
- › Scootering
- › Street hockey
- › Skiing



- › Playing tag
- › Hopscotch
- › Mini golf
- › Snow shoeing
- › Tobogganing/tubing
- › Skipping rope
- › Running through the sprinkler

Work activity into your day:

- › Ride your bike, walk, or scooter to school, the park, etc.
- › Help carrying groceries or taking out the garbage/ recycling
- › Rake the lawn, help with gardening and planting, shovel snow
- › Take the dog for a walk or run
- › Take the stairs instead of the elevator
- › Try to work 10,000 steps into your day (can use a pedometer to track steps)
- › Get off the bus a stop early and walk the rest of the way



Rainy day activities:

Be prepared for the rain; have rain gear ready and you can still do a lot, even if you are getting wet. But if you really can't be outside:

- › Bowling
- › Ice skating or indoor climbing
- › Open gyms at community centre
- › Put on music and dance around your living room
- › Try a drop in dance or yoga class



Other activities:

- › Take part in a charity walk/ run and train for it as a family (many community centres offer training programs)
- › Attend community events
- › Have a friendly competition with your kids (e.g. jumping rope)
- › Use parties as a way to promote activities (like skating or bowling)

