

Recipe for an active year

An active year means moving your body in lots of fun ways in all sorts of weather and environments. Try a couple of activities each season from the menu below. Remember to mix it up with a variety of activities throughout the year that get you moving on the ground, in the air, or in water or snow!

Make the most of winter

- build a snowman or snow fort
- ski - downhill or cross-country
- throw snowballs
- go for a winter hike
- shovel the walkway
- road or ice hockey
- make snow angels
- snowshoe
- ice skate
- toboggan
- curling



Summer is for air, ground and water

- play night time hide and go seek
- run through a sprinkler
- jump in a lake
- swim in a pool
- roll down a hill
- outdoor yoga
- leap over logs
- build a fort
- swing
- climb a tree
- play tag
- paddle a canoe or kayak
- bounce on a trampoline



Spring into action

- jump in puddles
- go hiking and get muddy
- go for a bike ride
- head back to a playground
- plant a garden
- play catch
- kick a ball around
- geocaching
- scavenger hunt
- after-dinner walks
- jump rope



Fall is for family activities

- rake leaves and then jump in a big pile
- take a hike to look at the fall colours
- pick up garbage at the park
- go apple picking
- walk around a Fall Fair
- help prepare the yard for winter
- obstacle course
- bike to school



Make the most of winter

Spring into action



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Physical activity doesn't need to be complicated. As you can see, there are many different and healthy ways to move your body all year long. Follow your own recipe for an active year, and before you know it, you will be on your way to being active for life!