

Recipe for an active year

Physical activity is essential for the health and well-being of all members of the family. In fact, you can Family Better with physical activity! Not only do you get to spend time together, you reap all the benefits of an active life, like sleeping better, focusing better, and loving better. Try a couple of activities each season from the list below to help build your recipe for an active year.

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



Summer is for air, ground and water

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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!