

# WINTERACTIVE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>AM</b> Family - walk the dog  <b>Lunch</b> Mom - walk/run  <b>PM</b> afternoon family snowshoe or trail hike</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Dad- play hockey  <b>PM</b> after dinner family walk</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Dad- weight training  <b>PM</b> after dinner snowball fight</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Mom - walk/run            Kids - sports at school  <b>PM</b> after dinner game of tag - walk the dog</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Dad - workout at the gym  <b>PM</b> after dinner family swimming at local pool</p>	<p><b>AM</b> Kids- walk the dog  <b>Lunch</b> Mom - walk/run            Kids - sports at school  <b>PM</b> after dinner kids play hockey with Dad</p>	<p><b>AM</b> Family - walk the dog  <b>Lunch</b> Family - build a snowfort - Mom/Dad - shovel the walkway  <b>PM</b> after dinner family walk</p>
<p><b>AM</b> Family - walk the dog  <b>Lunch</b> Family outing - go to a winter festival (skate, walk and play)  <b>PM</b> afternoon family walk the dog</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Dad- weight training  <b>PM</b> after dinner family play frisbee</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Dad- play hockey  <b>PM</b> after dinner family walk</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Mom - walk/run            Kids - sports at school  <b>PM</b> after dinner game of tag - walk the dog</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Mom - walk/run            Kids - sports at school  <b>PM</b> Family - walk the dog, dance to your favourite videos</p>	<p><b>AM</b> Kids- walk the dog Mom- Yoga  <b>Lunch</b> Dad - workout at the gym  <b>PM</b> after dinner Mom go swimming at local pool with kids</p>	<p><b>AM</b> Family - walk the dog  <b>Lunch</b> Dad - do weights at home  <b>PM</b> afternoon family snowshoe or trail hike</p>



*Try gradually adding things to your schedule. Slowly add up the time and effort you put in. Try to do something active everyday.*