

# ACTIVE2010

Don't let membership fees and equipment costs keep you from being physically active.

Involve your family or invite a friend or neighbour to take part in any of the Leisure Time Physical Activities listed below.

## Spring / Summer / Fall

- Archery
- Canoeing
- Cycling
- Golfing
- Pick up game of Soccer
- Kayaking
- Rowing
- Skateboarding
- Street hockey
- Ultimate Frisbee



- Backyard Pool Aerobics
- At home fitness program
- Dancing
- Hiking
- Pick up game of Basketball
- Using playground equipment
- Running
- Skipping
- Swimming
- Walking



- Beach Volleyball
- Croquet
- Dirt Biking
- Jogging
- Pick up game of Baseball
- Rollerblading
- Shuffleboard
- Snorkeling/Scuba
- Tennis

## Winter

- Cross Country Skiing
- Hiking
- Running
- Snowshoeing

- At home fitness program
- Ice Skating
- Shuffleboard
- Street Hockey

- Dancing
- Jogging
- Downhill Skiing
- Walking



## Don't forget that household tasks are considered physical activity too!

- Gardening
- Vacuuming
- Shopping
- Grass Cutting
- Raking Leaves
- Pick your own fruits at U Pick Farms



- Housecleaning
- Snow Shoveling

## Why not decide to...

- Stand up while talking on the phone
- Go for a walk with a friend instead of meeting at a coffee shop
- Don't have a dog? Ask to take your neighbours dog for a walk!
- Park further away from the store and walk the extra distance
- Take the stairs whenever possible
- Get off the bus early

