

Healthy Measures: Be Active and Have Fun on Your Vacation

Your vacation is a great time to be physically active. Whether going south to beat the winter cold or vacationing at home, make physical activity part of your day.

Going south to the warmer weather?

- Play a game of water polo in the pool so you can stay fit and cool
- Get into action while dancing to the beat of the local rhythms
- Walk into town, this is a great way to sight-see and experience the local culture while getting plenty of exercise
- Try a new activity like sea kayaking or snorkeling. Don't forget to wear your [CSA approved lifejacket](#)
- Take a buddy for a walk on the beach
- Participate in a game of beach volleyball, throw a football, toss a Frisbee

Vacationing at home this winter?

- Try something new like snowshoeing, cross-country skiing or curling
- Have some fun at the local tobogganing hill; remember to wear a recommended CSA approved helmet and [protective equipment](#)
- Take the family skating at the arena or an outdoor rink
- Build a snowman or enjoy a neighbourhood game of hockey

For [sunny climates](#) or [winter weather](#), wear a hat and sunglasses with UVA and UVB protection. Apply sunscreen and lip balm with SPF 30 or higher 20 minutes before going outdoors and reapply every 2 hours.

Have fun, be active and sun safe while on vacation!

For more information on physical activity call *Health Connection* at 1-800-361-5653.

Healthy Measures: Eat Well, Be Active and Be Yourself!