

# Give the gift of physical activity



When choosing gifts this season, consider items that can have a lasting impact on the health of your children; gifts that they can enjoy over and over again.

## Sports Equipment

skipping rope, football, soccer ball, baseball glove and bat, skate board, skates, hockey net, basketball net, sports helmet, bicycle, toboggan or snowshoes

## Active Clothes

t-shirts, track suit, swimsuit, ski suit, knee & elbow pads, hat/scarf and waterproof mitts, sport jersey, running shoes, warm winter boots, water shoes, reflective clothing or a water bottle

## Activities

lessons such as swimming, dance, aerobics, or sports lessons; parks & recreation program registration, day pass to an indoor or outdoor playground (e.g. rock climbing, water park, mini-golf, ski hill pass) or a favourite sport membership



Why not buy one or more . . . and give yourself the gift of physical activity, too!

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)