







# 31 WAYS IN 31 DAYS

Get active every day of every month

	1 Check your local paper for special activities and get involved	2 TV - Turnoff ... go outside and PLAY!	3 Play soccer outside. It's fun even in the snow	4 Get a pedometer and count your steps	5 Don't strike out! Go bowling!	6 Have a scavenger hunt
7 Gather a group & play frisbee 	8 Walk around the mall	9 Go skating! Rollerblading or ice skating are fun 	10 Play freeze tag, hopscotch or hide and seek	11 Play an active game: tag, Simon Says or basketball	12 Dance the night away 	13 Ride your bicycle. Bad weather.... a stationary bike is great too
14 Walk or hike a new route	15 For physical activity events in York Region, check <a href="http://healthyork.com">healthyork.com</a>	16 Go to the park and shoot some hoops	17 Go on a moonlight walk	18 Do an activity at your recreation centre or fitness centre	19 10 sit ups and 10 push ups 	20 Play outdoor hockey
21 Take a hike. Discover one of York Region trails. <a href="http://www.yorktourism.com">www.yorktourism.com</a> look under recreation	22 Enjoy a family swim	23  Dance like no one is watching!	24 Turn off the screens ... go outside and PLAY!	25 After dinner, go for a walk!	26 Have an obstacle course race with the family	27 Shopping? Park further away from the mall
28 Take a walk at lunch	29 Jump rope for 10 minutes 	30 Vacuum the house. Think of this as exercise, not a chore.	31 Aerobics, walking, basketball, stretches.... you choose	<p><b>Plan to be active for 150 minutes per week.</b></p> <p><b>For more information on how to keep active, call York Region Health Connection at 1-800-361-5653 TTY 1-866-252-9933</b></p> <p>Adapted from Central West Public Health Department</p>		