

December 2009



Give the gift of physical activity!

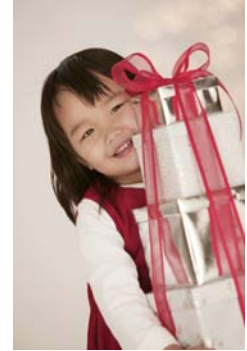
As you shop this season, consider giving a gift that can have a lasting impact on the health of your children. Select gifts that can last a lifetime for children to enjoy over and over again.

Here are a few ideas to add to your shopping list:

Sports equipment: skipping rope, football, soccer ball, baseball glove and bat, skate board, skates, hockey net, basketball net, sports helmet, bicycle, pedometer, Frisbee™, toboggan, or snowshoes.

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

Activities: lessons such as swimming, dance, aerobics, or sports lessons; parks and 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.



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

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**