



Tips:

- Children learn more from what you do than what you say - get out and play together!
- Adults should get 150 minutes of physical activity per week.
- Accumulate physical activity in sessions of 10 minutes or more.
- Moderate intensity activities make you sweat a little and breathe harder.
- Vigorous intensity activities make you sweat and be "out of breath".
- More daily physical activity = greater health benefits.

Daily physical activity is important for children's healthy growth and development. Children and youth need at least 60 minutes of moderate to vigorous physical activity every day. It's a great time of year to get outside and play! Go for a walk, kick around a soccer ball, play tag. Getting active now sets the stage for a lifetime of physical activity.

Photography By: Chris Bishop (mountain biking); Pamela Marsales (rail trail ramble-inset)



April 2012																																																																																											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
1 Rail Trail Rambles every Sunday in April www.friendsoftherailtrail.ca	2 Oral Health Month www.cdha.ca/AM/	3 Daffodil Month: Cancer Awareness www.cancer.ca	4	5	6 ○ Shepherd's Table Community Supper Lakeside Baptist Church www.lakesidebaptistchurch.ca Good Friday	7 United Nations World Health Day www.timeanddate.com/holidays/un/world-health-day																																																																																					
8 Rail Trail Ramble Easter Sunday	9	10	11	12 Good Food Box - order today! call Mary 705-488-1128	13	14																																																																																					
15 Rail Trail Ramble	16	17	18	19 Good Food Box - pick up today!	20 Shepherd's Table Community Supper Lakeside Baptist Church www.lakesidebaptistchurch.ca	21																																																																																					
22 Rail Trail Ramble Earth Day www.earthday.ca/pub/	23	24	25	26	27 Find events to inspire you to be active at www.participation.com	28																																																																																					
29 Rail Trail Ramble	30				<p>MARCH 2012</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S				1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>MAY 2012</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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