



Don't Hibernate...
Participate

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WINTER ACTIVE!!!**



INTRODUCTION

Warm up to WinterActive

In any type of weather, physical activity is fun to do as a family or with friends. Parents are important role models for their children and by actively participating in physical activity - whether structured sport or unstructured play - their children will be motivated to participate as well.

What if my family hasn't been active? Start slowly with an activity you all like to do! Replace inactive time - watching TV, surfing the 'net' or playing video games - with active time - walking the dog, tobogganing or skating. Children need to accumulate at least 90 minutes of physical activity each day, so make this a goal to work towards as a family.

Winter in Ontario offers many fun opportunities to warm up to physical activity! Don't hibernate - participate! Included in this WinterActive family package are: Canada's Physical Activity Guidelines for Children, Youth and Adults, family activity logs, snow games, indoor games, activity gift coupons and more!

For cool tips to keep you and your family moving this winter, check out the different pages of this WinterActive kit.



HOW MUCH ACTIVITY IS ENOUGH?

Canada's Physical Activity Guides recommend that **children and youth** be active for at least 90 minutes everyday: at least 30 minutes at a vigorous pace (running, cross-country skiing) and 60 minutes at a moderate pace (walking, skating). **Adults** should try to be active for at least 30 minutes a day at a moderate pace.

Although 90 minutes of activity seems like a lot and may be difficult to include (given the other time demands such as homework, school, after school activities etc...) there are many ways to include activity each and every day.

Some ways to increase your daily activity:

- ❄ Use active transportation (e.g., walking to the store) whenever possible
- ❄ Decrease inactive time by 30 minutes and increase active time by 30 minutes
- ❄ Involve your children in housekeeping activities such as shovelling, vacuuming, and sweeping
- ❄ Walk your child to school or ask other parents that walk to school if your child can join
- ❄ Plan for activities before and after dinner and on the weekends
- ❄ Make activity fun
- ❄ Take small steps towards the larger goal and don't be discouraged by roadblocks along the way

Did you know? Children and youth will have watched more television by the time they graduate high school than they spent at school in the classroom!



ACTIVE FAMILIES

Parents are influential role models. By embracing a healthier lifestyle, parents can be a positive role model for their family.

Did you know?

According to Canada's 2005 Physical Activity Monitor:

- ❄️ Only 36% of parents regularly engage in physical activity with their children.
- ❄️ 32% of parents report that they rarely or never play active games or sport with their kids.
- ❄️ Parents are much less likely to be involved in activity with their children as they get older, despite the fact that parents remain important role models for adolescents.

How can parents get kids moving?

- ❄️ Plan family physical activity that is fun and enjoyable for everyone. Make it social by inviting friends and neighbours.
- ❄️ Start with activities your children like the most even if the activities don't require a lot of energy (like bowling), then gradually introduce higher energy activities.
- ❄️ Get your children involved early in lifelong skills such as swimming, skating, dancing, hockey, soccer, cycling, baseball, tennis or martial arts.



How can parents get kids moving? (Continued)

- ❄️ Provide toys that promote physical activity such as balls, skipping ropes, bikes, scooters, skateboards or in-line skates (don't forget the helmet and other protective gear!)
- ❄️ Encourage a wide choice of activities beyond organized sports, such as washing the car, walking the dog, shovelling the driveway, gardening, raking leaves, vacuuming the carpet or sweeping the garage.
- ❄️ Limit the time your children spend watching television, playing video games or surfing the Internet to 1 to 2 hours per day.
- ❄️ Encourage your children to participate in team sports at school. Focus on the social 'fun' aspects of team sports and less on winning.
- ❄️ Make physical activity a normal, pleasurable part of daily life, rather than a separate event that you always have to schedule.
- ❄️ Teach your children about the benefits of being active, such as improved health, confidence, self-esteem and concentration. Physical activity helps build stronger muscles and bones and increases energy levels.
- ❄️ Be positive, encouraging and have fun.

Source: 'Promoting a healthy weight in children', March 2006, York Region Health Services



Winter Scavenger Hunt

Look for these winter nature items when you are snowshoeing, skiing, or walking in the woods.

- your breath
- animal tracks
- birds
- dried berries
- icicle
- pinecone
- bird's nest
- maple tree
- snow drift
- trail signs
- cattails
- bird feeders
- evergreens
- maple keys
- dried leaves
- squirrels
- trickling water
- other active people

SNOW GAMES

Build a Snow Maze

After a snowfall, create a path in your yard or a park. Make tracks using normal steps, huge steps, and tiny steps. Include an area for a side body roll or a forward roll. Add some obstacles such as jumping over tree branches of an evergreen tree. Go through the maze following in the original tracks. Play follow the leader. Walk along the snow maze in slow-motion. Go faster, then as fast as possible. Retrace the maze backward. When tired, lie on the snow and make a Snow Angel.



Hopscotch in the Snow

Use a spray bottle filled with water and food colouring to outline a hopscotch board on the snow. Throw a snowball into the first square, hop over it, then hop into every square up to number ten. On the way back, stop to pick up your snowball. Now toss the snowball into square number two.

Snow Castles

Castles can be made from digging and piling up snow or making snow bricks. To make bricks, use plastic containers (e.g., large ice cream buckets) and fill with snow. Pack the snow and turn the container upside down. Pile the bricks to make the fort...then decorate. **You'll need your parents to watch you!**

Snow Creatures

Start with a small amount of snow formed into a ball. Roll the ball in wet (or packing) snow to make it bigger and bigger. Build a snow person or make different types of snow creatures. Make a turtle, a dinosaur, or snow serpent. If your child is playing with friends, suggest one start on the head, another build the body, another start on the tail. Let them choose a name for the creature.



Name Tracks

In fresh snow, help your child build a snow trail using the letters in his/her name. Starting with the first letter of the name, use small steps or hops to spell out each letter. Jump from letter to letter.

Snowman Tag

Here are the rules:

1. Gather a group of six or more friends.
2. Pick one person as the freezer and at least two people as the melters. Be sure there are enough melters so that the remaining players will be moving most of the time.
3. Identify the freezer and melters with different colour scarves around their waists.
4. When the freezer tags a player, they must become a snowman and freeze in place.
5. Melters cannot be frozen, but rather work to thaw the snowmen as quickly as possible by tagging them.



Dogsled Pull

Each team member must pull each member on a toboggan around an obstacle course. Those pulling are the 'dogs'. Build the obstacle course using snow, pylons, etc...

Snoccer

Soccer in the Snow!!!
Play soccer. Use a soft or underinflated ball so it does not become too hard in the snow.

Snow Throw & Catch

Roll a small amount of snow into a ball and play catch. Use underhand throws only.

Snowling

Snow-curling!!!
First you will need a block of ice in a plastic container for your snowling rock. Set up an object at one end of the yard, driveway, or field; then take turns sliding the snowling rock at the target. The closest rock scores a point!

Ultimate Frisbee

What you need:

- Frisbee or medium-sized ball
- at least 10 players
- large play area (fields work well)



The object of the game is for a team to make five passes in a row without having the Frisbee dropped or knocked away.

To begin, all players scatter throughout the playing area. Each player is assigned to guard one player on the opposite team. The player with the Frisbee cannot take more than three steps and cannot hold the Frisbee more than five seconds. Either of these violations results in the opposite team gaining possession of the Frisbee. A team that makes five successful catches scores one point. The team with the highest number of points at the end of play wins!



WHAT, NO SNOW?

If there is no snow or it has already melted, get outside and try the following activities:

❄️ Hopscotch

❄️ Ball hockey/street hockey: Try a scrimmage game, one-on-one with a goalie, or take turns shooting at the net.

❄️ Pop bottle bowling: Fill 10-12 two litre plastic bottles with water, grab a playground ball and section off an area about 6 metres long. Each player gets a chance to roll the ball twice to knock the pins down. Score one point for each bottle you knock over, add 10 points if you knock them all down at once.

❄️ Backyard broom golf: Each player needs a small ball and broom. Design a course in your backyard or neighbourhood park using flower beds, trees, flower pots turned sideways, or plastic containers as obstacles. For older players, establish 'par' for each 'hole.'

❄️ Skipping rope games

❄️ Take a family hike on a local trail. Get trail maps from your local municipality.

Source: Some games adapted from Today's Parent Magazine



CAN'T GET OUTSIDE?

When the weather is not cooperating, try these ideas to keep your family moving inside!

- ❄️ Set up a safe place where children can do somersaults, jump and tumble without hurting themselves—Use an old mattress, cushions, pillows or rolled-up blankets.
- ❄️ Put on some good dancing music and work your arm muscles by dancing and lifting your children.
- ❄️ Keep bean bags and foam balls handy for throwing and catching games.
- ❄️ Play hide and go seek.
- ❄️ Build an obstacle course in your family room—make tunnels with chairs and blankets to crawl under, obstacles to jump over and take turns moving through as quickly as you can.
- ❄️ Play simple games such as "Simon Says" and "Follow the Leader."
- ❄️ Host your own mini-Olympics: Jump on one leg, jump backwards, jump in a zig-zag over a string on the floor, crawl backwards, do the crab walk, have a skipping contest.
- ❄️ Create your own family aerobics video—turn on the camera, turn up the music and march on the spot, do jumping jacks, bring knees to chest, etc.
- ❄️ Check out your local recreation center for family swim and skate times or go bowling on a cold winter night.

Source: Kids and Cabin Fever - Muskoka-Parry Sound Health Unit



WINTER SAFETY

Winter creates some concerns when it comes to being active, especially outside. By following these simple safety tips, you can be as active and safe as possible.

❄️ **Watch out for frostbite!**

Skin changes colour, is cold and painful, and may look swollen, pale and waxy. Replace wet clothes with dry ones and warm the frostbitten area slowly with a blanket or warm part of your body. It requires immediate emergency medical attention.

❄️ **Bundle up and dress in layers!**

Wear mittens rather than gloves, a hat that covers your ears, a neck warmer rather than a scarf, and waterproof boots with room for toes to wiggle. Remove all drawstrings from children's clothing to prevent strangulation.

❄️ **Wear sunscreen!**

Sun reflecting off snow and ice can cause sunburn.

❄️ **Wear the gear!**

Always wear an approved helmet when participating in activities such as downhill skiing, snowboarding, sledding, skating or playing hockey. Parents should set a good example by wearing helmets too! Wear wrist guards when snowboarding.

❄️ **Snow safety!**

Supervise children when playing in the snow. Keep them off snow banks near the roads as snowploughs and other vehicles may not see them. Children should use caution when throwing snowballs as they can lead to injuries, especially to the eyes.

❄️ **Ice safety!**

Ice should be at least 10 cm thick (3.5 inches) before attempting to walk or skate on it. An adult should check with local authorities for information. Avoid walking on ice near moving water such as rivers and creeks.



GIFT GIVING...THE ACTIVE WAY!

There are many different gift-giving occasions throughout the year. The following list gives you different active gift ideas to keep your family moving all year round. On the next page there are a number of active coupons that can be cut out and used by your family for activity ideas all winter long! You can also make your own coupons!

Winter Fun:

- skates
- snowshoes
- snowboards or skis
- toboggans

Clothes for Active Fun:

- neck warmers / mittens / toques
- warm socks
- ear muffs or ear band
- long underwear
- funky hat / visor
- bathing suits / bathing caps / goggles
- running shoes
- sport watches

Camping & Hiking Equipment:

- compass
- backpack / fanny pack
- tent
- sleeping bag
- picnic gear (plastic cups, plates, etc)

On the Move:

- trail book / maps
- pedometers
- bicycle / tricycle / bicycle pump
- wagon
- jogging strollers
- in-line skates / scooters / skateboards

Sporting Equipment:

- various balls: tennis, golf, soccer
- basketball net and ball
- hockey pucks / hockey sticks / goalie nets
- baseball / glove / hat
- tennis / badminton racquet

Be Safe:

- Fox40 whistle
- life jackets
- helmets / knee pads / elbow pads
- reflective stickers / clothing
- sun-protection (hats, sunglasses, sunscreen)



Special Coupon
for Family

Special Coupon
for Family

Special Coupon
for Family

Special Coupon
for Family

Special Coupon
for Family

Good
for one:
Family Walk

Good
for one:
Family toboggan
day

Good
for one:
Skating day at an
outdoor rink

Good
for one:
Snow sport day

Good
for one:
Cross-country ski
trip on local trails

Special Coupon
for Family

Special Coupon
for Family

Special Coupon
for Family

Special Coupon
for Family

Special Coupon
for Family

Good
for one:

Good
for one:

Good
for one:

Good
for one:

Good
for one:



DON'T HIBERNATE...50 WAYS TO LEAVE YOUR COUCH!

1. Pull on your boots...walk to work or school.
2. Go bowling.
3. Challenge your neighbours to a snowman making contest.
4. Start your spring cleaning early.
5. Play "snoccer" (soccer in the snow).
6. Walk a dog.
7. Make snow angels.
8. Take a hike! Enjoy your local trails.
9. Join a dance class with a friend or partner: try hip hop, salsa, or belly dancing.
10. Make shovelling your driveway a family affair. Warm-up first!
11. Check out a local museum or tourist attraction.
12. Check out your local recreation centre for basketball, volleyball, or badminton.
13. Build a snow fort or igloo (without a roof).
14. Take a heart pumping walk for 30 minutes.
15. Play Snowman Tag.
16. Play outdoor hockey.
17. Turn on the radio and dance!
18. Rent some cross-country skis or snowshoes.
19. Go swimming at your local pool.
20. Action TV: Do sit-ups or jumping jacks, and climb stairs during commercials.
21. Make a snowman or snow sculptures.
22. Rediscover your local park this winter.
23. Grab a helmet and go tobogganing.
24. Bundle up and go bird watching.
25. Check out an indoor walking track or mall- walking program. Invite an elderly neighbour.
26. Get your feet wet . . . take an Aquafit class or try water running.
27. Try a new winter activity, such as curling or broomball.
28. Enjoy public skating.
29. Have a picnic in the snow.
30. Walk to the library and get a book.
31. Go window shopping.
32. Turn off the TV and video games. Go outside and play!
33. Take the blankets off the bed and play parachute games.
34. Learn some new moves: try tai chi or taekwondo.
35. Rent or borrow a yoga or pilates video.
36. Have a ball in the snow: throw, catch, kick or roll!
37. Have a family game of "Twister".
38. Organize a scavenger hunt.
39. Enrol your children in team sports and volunteer to coach.
40. Vacuum with vigour!
41. Toss a Frisbee in the snow.
42. Take a moonlight or flashlight walk in the evening. Go stargazing.
43. Take a sneak peak at spring. Visit an indoor garden.
44. Organize a game of "snow pitch".
45. Put a new spin on tobogganing: try snow tubing.
46. It's all down hill from here: strap on your downhill skis or try snow boarding!
47. Build an ice rink. Host a backyard skating party.
48. Play ringette.
49. Do some stretching exercises.
50. Run through the snow...jump into snow banks!



HOW ACTIVE ARE YOUR CHILDREN?

DID YOU KNOW...Children need at least 60 minutes of physical activity at a moderate pace and 30 minutes of physical activity at a vigorous pace every day!

Answer the following questions to see if your children are getting enough activity by circling 'yes' or 'no' beneath each question.

1. Does your child spend less than 2 hours each day watching TV, playing computer games or using the Internet?

YES NO

2. Does your child walk or bike to school?

YES NO

3. Does your child participate in gym class or Daily Physical Activity at school?

YES NO

4. As a family, do you regularly take part in activities together like hiking, biking, walking, swimming or skating?

YES NO

5. Does your child play outside most days of the week?

YES NO

6. Is your child involved in any organized sport(s) or recreational activities at school and/or in the community?

YES NO

7. Is your child physically active for at least 90 minutes every day?

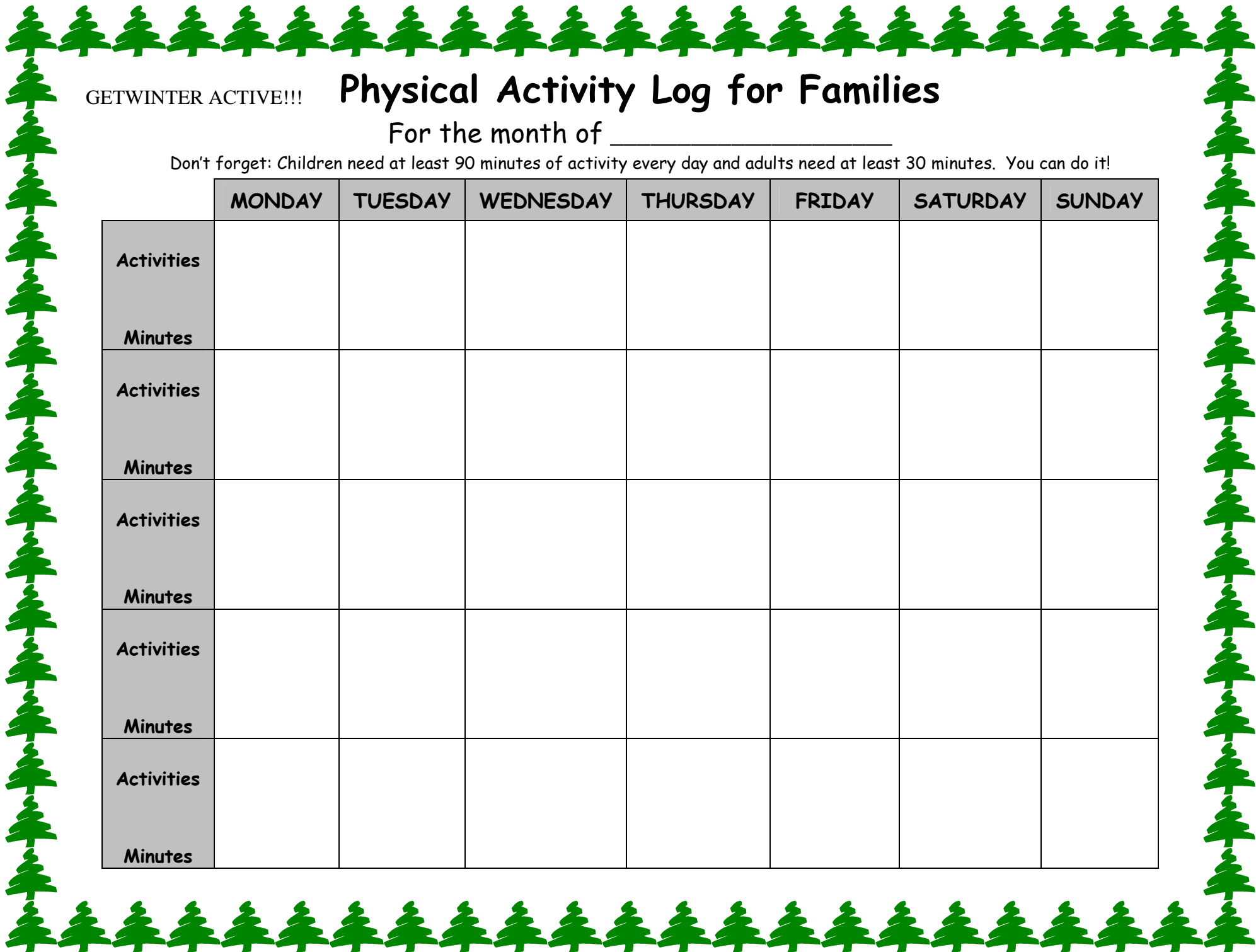
YES NO

If you answered NO to any question above, think about some changes you can make so that your child can enjoy all the benefits of active living! Get out and get active together as a family!

For more information on physical activity for children visit www.paguide.com, and read Canada's Physical Activity Guide for Children.

Source:
"Promoting a healthy weight in children" from York Region Health Services Department, Heartyparty.com, and Region of York Recreationists March 2006

Adapted from "Active Children, Healthy Children", Health Canada 1996



GETWINTER ACTIVE!!!

Physical Activity Log for Families

For the month of _____

Don't forget: Children need at least 90 minutes of activity every day and adults need at least 30 minutes. You can do it!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Activities							
Minutes							
Activities							
Minutes							
Activities							
Minutes							
Activities							
Minutes							



SETTING S.M.A.R.T. GOALS FOR YOUR FAMILY?

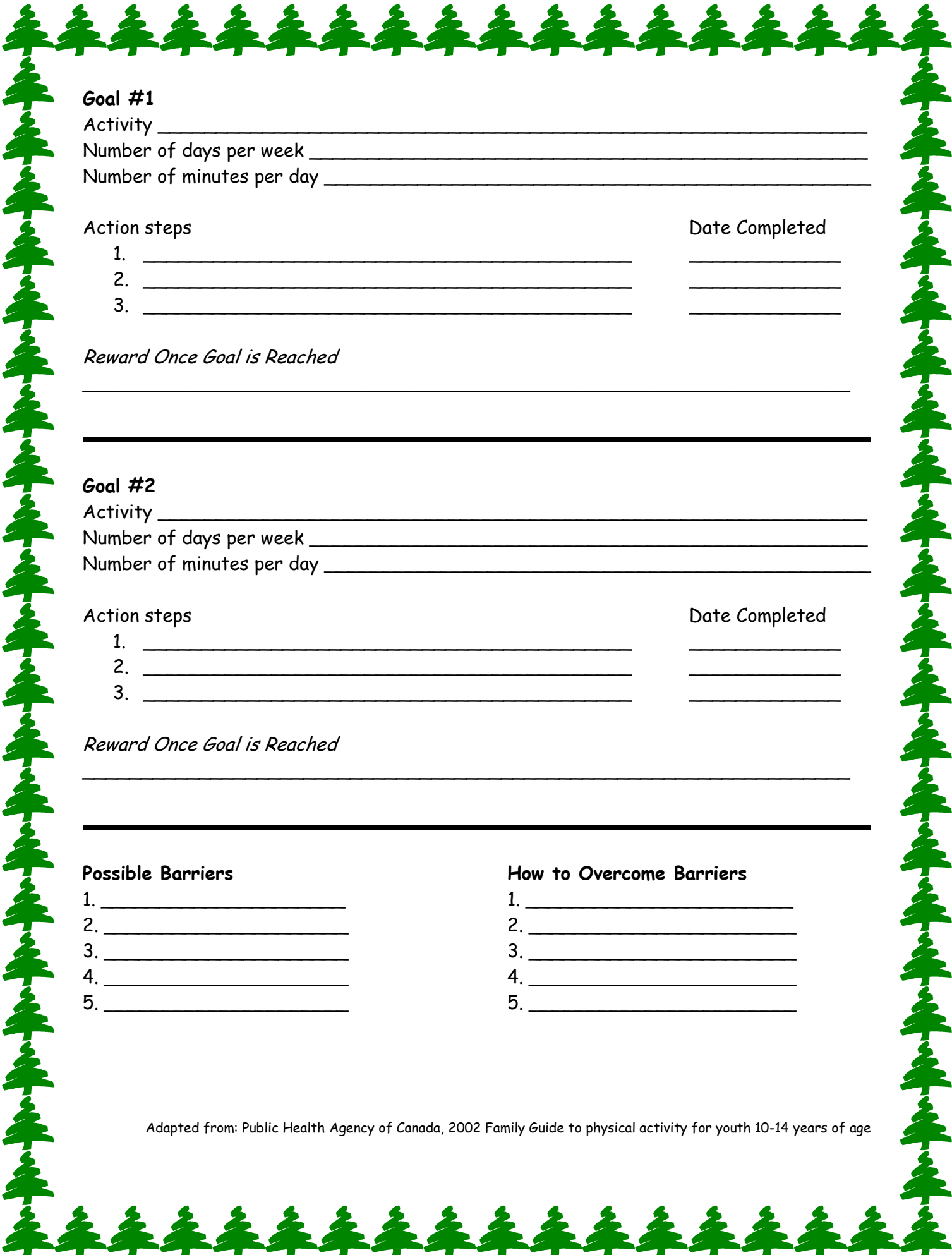
Goal setting is important with any new change your family is undertaking. If your family has different work schedules or new routines, goals help to make these challenges easier. Don't forget, setting goals for physical activity is important too. Use the following sheet to help plan smart goals.

Goals should be **SMART**: **S**pecific **M**easurable **A**ttainable **R**ealistic and **T**ime-based.

Start by setting small manageable goals. Record your goals and action steps. Note any barriers you may encounter and come up with some solutions. Once you have succeeded, revise the goal and try again.

Current Family Activities

Type of Activity	Number of days per week	Number of minutes per day



Goal #1

Activity _____

Number of days per week _____

Number of minutes per day _____

Action steps

Date Completed

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

Reward Once Goal is Reached

Goal #2

Activity _____

Number of days per week _____

Number of minutes per day _____

Action steps

Date Completed

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

Reward Once Goal is Reached

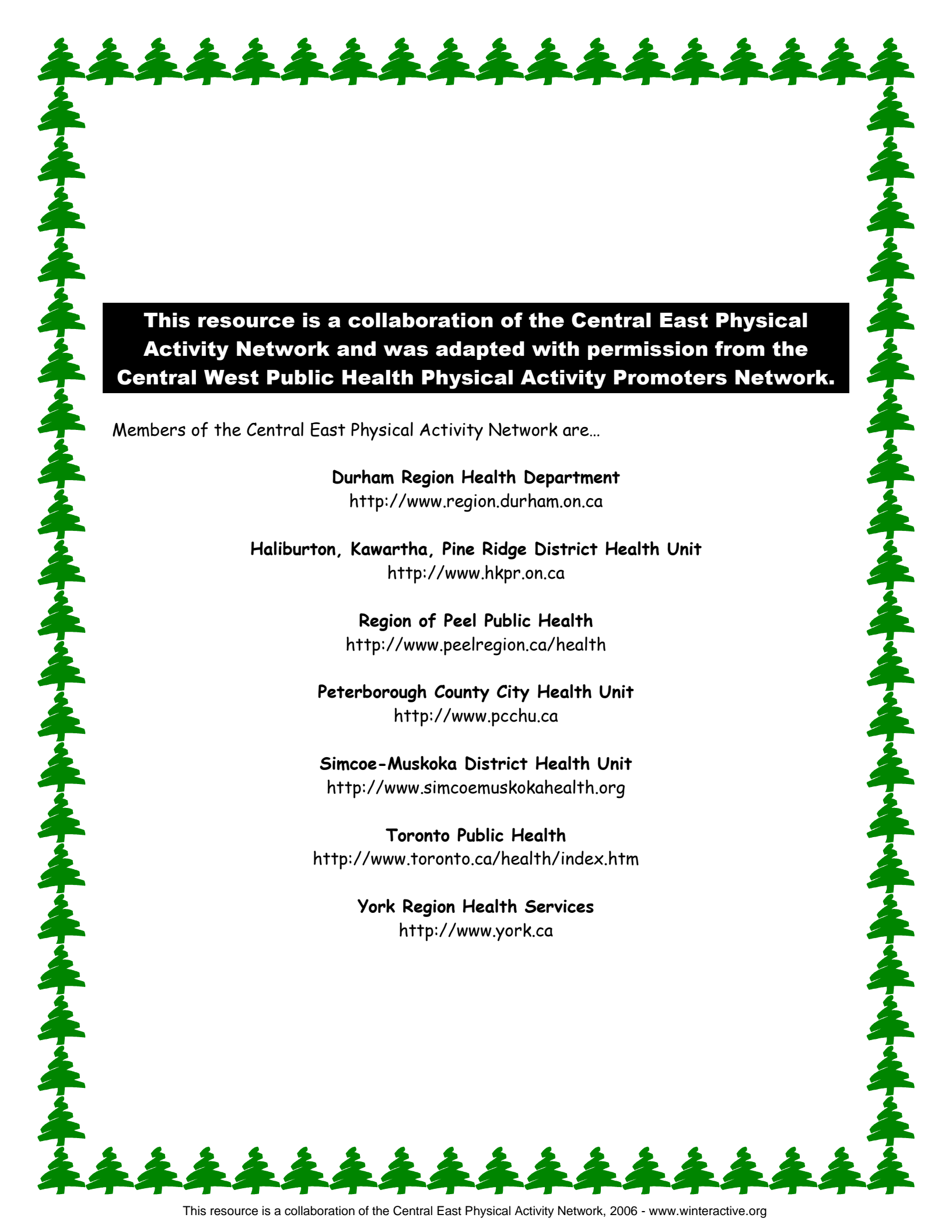
Possible Barriers

1. _____
2. _____
3. _____
4. _____
5. _____

How to Overcome Barriers

1. _____
2. _____
3. _____
4. _____
5. _____

Adapted from: Public Health Agency of Canada, 2002 Family Guide to physical activity for youth 10-14 years of age



This resource is a collaboration of the Central East Physical Activity Network and was adapted with permission from the Central West Public Health Physical Activity Promoters Network.

Members of the Central East Physical Activity Network are...

Durham Region Health Department
<http://www.region.durham.on.ca>

Haliburton, Kawartha, Pine Ridge District Health Unit
<http://www.hkpr.on.ca>

Region of Peel Public Health
<http://www.peelregion.ca/health>

Peterborough County City Health Unit
<http://www.pcchu.ca>

Simcoe-Muskoka District Health Unit
<http://www.simcoemuskokahealth.org>

Toronto Public Health
<http://www.toronto.ca/health/index.htm>

York Region Health Services
<http://www.york.ca>