

# SNACKTIVITIES For Everyday!

There are many things that we can do to build physical activity into our daily lives. Try "snacking" on some of these ideas:

- \*Walk to meetings that are close to your workplace.
- \*Walk over to the next office rather than using email or the telephone.
- \*Walk to the next soccer or ball practice



- \*Use Active Transportation to get to school or work. Active Transportation is a form of transportation that is non-motorized, like walking, biking, or wheeling.
- \*Walk to the video store or to your local restaurant for lunch.

## 2006 Calendar

Physical Activity...do it for *life!*

### 2006

#### January

S	M	T	W	Th	F	Sa
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				

#### February

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

#### March

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#### April

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#### May

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#### June

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25	26	27	28	29	30	

#### July

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23	24	25	26	27	28	29
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#### August

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#### September

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#### October

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29	30	31				

#### November

S	M	T	W	Th	F	Sa
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26	27	28	29	30		

#### December

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24	25	26	27	28	29	30
31						

[www.in-motion.ca](http://www.in-motion.ca)

- \*Walk instead of sitting when waiting for the bus or even a co-worker or friend.
- \*Take the stairs instead of the elevator or escalator.
- \*Get off a few floors early and take the stairs the rest of the way. You may even save time!



- \*Stand if given the option. Standing on public transportation, talking on the phone OR having a standing meeting keeps your body "in motion"!
- \*When taking the bus, get off a few blocks early and walk the rest of the way to work or home.



- \*Start a recreational sport league at your office.
- \*Check out what your community has to offer.



- \*Join a fitness center near your home or workplace.
- \*Work out before or after work to avoid rush-hour traffic, or drop by for a noon hour workout.



- \*Start a walking club in your neighbourhood or at work. Encourage everyone to participate no matter the amount of time they have - (10 minutes makes a great snack!)