

**Summer is here and the kids are out of school.** Now you are faced with the task of keeping your children busy and happy over the summer holidays. Instead of having the kids spend hours in front of the TV or computer, why not get them out and active?

Saskatoon District Health and its community partners encourage you and your family to make the most of your summer by staying "in motion".

Physical activity is a great way to spend quality time with your family while keeping them entertained. You can also achieve many health benefits by staying "in motion":

- ☺ Strengthen your heart and muscles
- ☺ Healthier bones and joints
- ☺ Less risk of diseases
- ☺ Uplifting, energized feeling
- ☺ *FUN! FUN! FUN!*

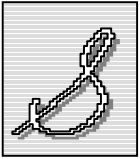
**Think outside of the box.** Physical activity is more than just sports. It's about getting your body moving in any way that increases your heart rate. There are so many wonderful things to see and do right here in Saskatoon. The price of being physically active is little to none yet the rewards are many. Just to help you along with your summer planning, here are some creative ideas that you, your family and your friends can try to get "in motion".



- ☺ Take an adventurous walk through the Saskatoon Zoo and Forestry Farm.
- ☺ Pack a picnic lunch and take the family on a hike down the Meewasin Valley Trail.

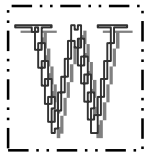
- ☺ For those hot summer days, why not head to one of the many outdoor pools in the city. Or try out the Spray Pools located in some neighborhood parks.
- ☺ Give the kids some unstructured playtime on play structures at a neighborhood park. Swings and slides are always fun!
- ☺ For some skateboarding or rollerblading fun, check out the supervised indoor arenas or travelling trailers around the city.

For a park or arena location near you, check out the City of Saskatoon webpage at:  
<http://www.city.saskatoon.sk.ca/org/leisure/facilities/playgrounds.asp>  
 or call the city at 975-3337.



**ummer is the season to travel.** It's the perfect opportunity to get away and see the world. Whether you are making a day trip to the beach or taking an extended vacation, remember to include some physical activity into your plans. Staying "in motion" will help make you feel good, sleep well and be more energized to spend some quality time with your family and make the most of your holiday.

- ☺ Take a walk through an art gallery or museum. This is not only entertaining but educational and physical activity combined!
- ☺ Pack a frisbee or some balls and gloves so that you can enjoy some activity when you're not sightseeing.
- ☺ Start your morning with 10 minutes of light stretching to get energized for the rest of the day.



**ho needs the hassle of planning a vacation?** Summer is also a great time to hang around the house. There are so many things to keep you and your family active, even if you just stay at home.

- ☺ Plant a garden. Let each child have his/her own patch in the garden to take care of and to plant whatever he/she likes.
- ☺ Household chores can be fun if you do them as a family. Give everyone a task and turn on some upbeat music.
- ☺ Wash the car. There's nothing kids like better than getting wet on a hot day.
- ☺ Make an activity jar. Have everyone in the family jot down a few ideas of activities to do as a family. Place the ideas into the jar. Set some family activity time (once a day, once a week, a few times a week etc.) and draw out an activity idea from the jar to do as a family.
- ☺ Feeling the heat? Turn on the sprinklers and have a water fun day in your backyard!

For more information about *in motion* and more ideas on how to stay active this summer, call 655-DO IT (3648)!

*in motion.*