

Parent Activity Calendar

JANUARY

Kick off the new year by introducing your kids to sports they'll enjoy and benefit from forever!

New Year, New Moves

This year, resolve to add a “lifetime” sport to your own health, and get your kids involved with you. Lifetime sports are things you can enjoy from early childhood into your 80s, such as:

- Swimming
- Tennis
- Walking
- Golf
- Yoga
- Dancing
- Biking

Talk with your child about a lifetime sport you can both enjoy, and make a resolution together to participate in the sport each day, making it into a healthy habit. Decide together how often you'll do your activity, and join a fitness club if you need to. Make a chart you can hang on the fridge and let your child mark off each day that you do your sport.

Doing sports with a buddy is one of the best ways to make sure you follow through on your resolution – and what better buddy than your own child?



FEBRUARY

Use this creative approach to build your child's self-awareness and appreciation for wellness!

Healthy Body Valentine

Healthy bodies let us do a lot of fun things, yet we often take our health for granted. This Valentine's Day, work with your children to create a Valentine for their bodies. Have them tell their bodies that they love them and promise to take care of them.

You'll need:

- Art supplies: paper or card stock, crayons, pencils or markers
- Decorative elements like feathers, glitter and ribbon (plus glue to attach them)

How to:

1. Talk about all the reasons you and your kids love your healthy bodies. For instance:
 - a. You can run and play for longer
 - b. You can taste delicious food
 - c. You can participate in sports
 - d. You can read
2. Make Valentines for your bodies. Include pictures of activities that you can do because of your healthy bodies.
3. On the back of the Valentine, tell your body all the ways you'll take care of it. For example:
 - a. Get lots of sleep
 - b. Eat healthy food
 - c. Stay active
 - d. Brush teeth
 - e. Wash hands

