



Run. Jump. Play. Every Day!

The weather outside is frightful, but getting active is so delightful!

If the weather demands that you stay indoors, put on some music and have a dance party, build a fort, or play Simon Says or Charades.

Local arenas and recreation centres have lots of opportunities for indoor skating, swimming, and gymnasium activities.

For more information, contact KFL&A Public Health at 613-549-1232 or 1-800-267-7875, ext 1102.

www.kflaph.ca

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Tips

- Warm up to winter with active play!
- Try these winter activities:
 - skating,
 - sledding, or
 - building a snow fort or snowman.

For ideas, check out the KFL&A Healthy Kids Community Challenge at kflahealthykids.ca