

BRANCHÉ SANTÉ THROUGHOUT THE YEAR!

The changing seasons influence our lifestyle and can pose new challenges to achieving our goals, especially when it comes to physical activity. To avoid this and turn our seasons into new opportunities, simply think ahead and plan!

1.

WHAT PHYSICAL ACTIVITIES WOULD YOU LIKE TO DO AS A FAMILY?

Each family member's favourite physical activities can be a source of inspiration.

<p>SPRING</p>  <p>_____</p> <p>_____</p> <p>_____</p>	<p>SUMMER</p>  <p>_____</p> <p>_____</p> <p>_____</p>
<p>FALL</p>  <p>_____</p> <p>_____</p> <p>_____</p>	<p>WINTER</p>  <p>_____</p> <p>_____</p> <p>_____</p>

2.

WHAT RESOURCES ARE AVAILABLE TO HELP YOU BE ACTIVE THROUGHOUT THE YEAR? (E.G. COMMUNITY RESOURCES, EQUIPMENT, TECHNOLOGICAL TOOLS, WEBSITES, ETC.)

In addition to setting aside time for sports or physical activities suited to the season, you can also get exercise while engaging in active transportation or performing day-to-day activities at home, work or school.

BEING ACTIVE AT HOME	BEING ACTIVE IN TOWN	BEING ACTIVE IN NATURE	BEING ACTIVE WHILE COMMUTING	OTHER

3.

TO STAY ACTIVE THROUGHOUT THE YEAR, PLAN A FAMILY ACTIVITY.

Selected activity: _____



1) WHO'S GOING TO PARTICIPATE IN THIS ACTIVITY?

2) HOW LONG ARE WE GOING TO DO THIS ACTIVITY?

3) WHAT'S THE BEST TIME OF DAY OR WEEK TO DO THIS ACTIVITY?

4) WHERE CAN WE DO THIS ACTIVITY?

5) WHAT WILL WE NEED TO DO THIS ACTIVITY?

6) WHAT'S OUR BACKUP PLAN IF SOMETHING HAPPENS AND WE CAN'T DO THE ACTIVITY AS ARRANGED?