







# 7-days of Outdoor Fitness Activities for the Family

Did you know? Children ages 5-11 need 60 minutes of accumulated moderate to vigorous physical activity every day.

<b>Monday</b>	Go for a family walk at a local trail <a href="http://vaughan.ca/GreatWalks">vaughan.ca/GreatWalks</a>	
<b>Tuesday</b>	Play an outdoor sport or activity in your backyard for a minimum of 30 minutes	
<b>Wednesday</b>	Explore a new playground and play outside	
<b>Thursday</b>	Take a brisk walk around your neighbourhood	
<b>Friday</b>	Go for a bike ride, scooter or roller blade for 20 minutes	
<b>Saturday</b>	Create a family-friendly obstacle course (e.g., three legged race, family relay, soccer drills)	
<b>Sunday</b>	Create a chalk hopscotch on your driveway or play outdoor tag with your siblings/parents.	