

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Get active this summer

Summer is here and the kids are home from school. There are lots of ways to stay active with your children at home. Remember to follow all COVID-19 public health guidelines. And remember that sometimes all it takes is one good idea to get you to be active. Here are a few suggestions.

- Plant a garden and let everyone have their own special section.
- Go for a walk or to a park in your neighbourhood and play Frisbee.
- Plan a family road trip and bring a soccer ball or baseball to use on the way or when you get there.
- Walk at night and look for stars.
- Run through the sprinkler or play catch.
- Go on a weekly active outing or walk to a nearby park.
- Go for a bike ride—make sure to wear helmets.
- Play catch, hacky-sack or hopscotch in your yard.
- Go hiking or camping.
- Make an obstacle course and keep a chart with everyone's times.
- During commercial breaks while you're watching TV:
 - Run on the spot, do push-ups and sit-ups, or stretch.
 - Play catch inside with a foam ball.
 - See who can do the most jumping jacks.
- Do household chores—give everyone a task and listen to music while you work.
- Go to an open field and fly a kite.



- Plan a walk every day after supper and keep track of everyone's steps on a chart.
- Exercise with fitness videos, apps, or TV shows like yoga or aerobics.
- Watch a show as a family and for every hour you watch, be active for an hour.
- Wash your vehicles or clean up the yard.