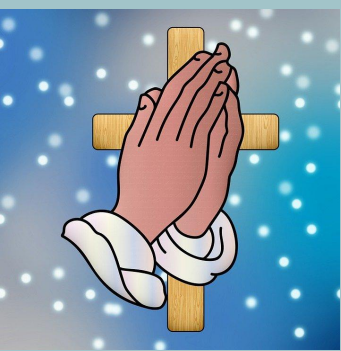


May is Fitness Month

May is National Physical Fitness and Sports Month. Traditionally in May, OLR holds its annual Family Fitness Night. For the past two years, we have not been able to gather as a community. We want to continue to keep our students, staff and families safe, and are therefore looking forward to resuming our in person Family Fitness Night next spring at OLR. The goal is always to get moving, get active and feel good! Attached is a May calendar with ideas for you and your family to try. Whether you choose 1, a few or all of the activities, enjoy, stay safe and keep fit.



Dear Lord,

We thank You for this glorious day!

**Please give us the faith we need as we
PLAY.**

Help us to try our very best.

We know You'll take care of the rest.

AMEN

May Fitness Activities

1 Ride your bike or scooter



2 Practice soccer skills



3 Rainy Day activity-set up a bowling game with pins or plastic cups

4 **FREE CHOICE WEDNESDAY**

5 Jump Rope
Practice or learn to jump rope



6 **DANCE FRIDAY**
Put on your favourite music and dance

7 Play basketball or any ball sport

8 Take mom for a walk



9 Practice basketball skills



10 Play hide-and-seek

11 **FREE CHOICE WEDNESDAY**

12 Make chores an active game (save the stuffed animals from "floor lava")

13 **DANCE FRIDAY**
Put on your favourite music and dance

14 Do some gardening as a family



15 Go to the park



16 Practice volleyball skills

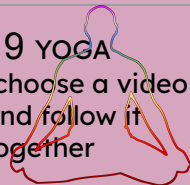


17 Deck of cards fitness (see below)



18 **FREE CHOICE WEDNESDAY**

19 **YOGA**
-choose a video and follow it together

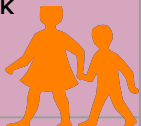


20 **DANCE FRIDAY**
Put on your favourite music and dance

21 Play a sport/activity involving a ball



22 Invite a friend or relative for a walk



23 Practice tennis skills



24 Sing and dance while you cook/clean up



25 **FREE CHOICE WEDNESDAY**

26 Exercise as a family for 30 min (choose a workout video or make your own routine)

27 **DANCE FRIDAY**
Put on your favourite music and dance



28 Play an outdoor game (bocce ball, ring toss, etc.)



29 Find a new walking trail



30 Practice any ball skills (throwing/catching)



31 Repeat your favourite activity



Benefits of Family Fitness

- Promotes physical health
- Reduces stress and anxiety
- Enhances emotional wellbeing
- Strengthens family bonds
- Improves the overall mood of family members
- Makes the activity more fun and enjoyable
- Establishes life long habits

GET FIT, GET ACTIVE, AND HAVE FUN!



“Exercise not only
changes your body,
it changes your mind,
your attitude
and your mood.”

