

# Beat the winter blues with physical activity



Why not embrace the season with physical activity?  
Grab your family, bundle up and get outside!



Have a snowball fight



Create an obstacle course



Make snow angels



Go backyard camping



Shovel snow for someone in need



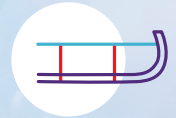
Take a winter walk or wheel



Go stargazing



Go ice skating



Go sledding



Build a snowperson or snow fort



Go on a scavenger hunt

# Winter is here!

Instead of retreating inside to hibernate, stay active and get moving with the whole family. Your mind and body will thank you.

**Feel Happier \* Feel Energized \* Feel Connected**

If you can get outside, you'll reap the added health benefits that come along with connecting with Mother Nature.

**Fresh Air \* Sunlight \* Boosted Immune System \* Less Stress**

While it is important to be physically active every day, all Canadians should follow their respective public health authority recommendations.

