











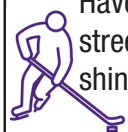


2017 ACTIVE HOLIDAY CALENDAR

Happy Active Holidays! Use the Saskatchewan *in motion* Active Holiday Calendar to get moving with your family this holiday season. Feel free to change it up! Add your family's favourite winter time activities or simply cross off each day until the New Year! For more great ideas visit www.saskatchewaninmotion.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Host a Hula Hoop Competition 	2 Deck the halls! Hang your holiday decorations
3 Build a snowman 	4 Play musical chairs to holiday tunes	5 Go tobogganing 	6 Build an ice castle with frozen blocks of ice	7 Go bowling 	8 How many snow angels can you make?	9 Create a snow obstacle course in the backyard
10 Host a twister tournament	11 Go on a winter scavenger hunt 	12 Play a game from Push2Play.ca	13 Go skating with your friends 	14 Snowball fight!	15 Try snowshoeing 	16 Build a snow fort or a quinzee
17 Try cross country skiing 	18 Have a family pillow fight!	19 Go to the pool and play a game of Marco Polo	20 Try curling 	21 Play freeze tag	22 Go hiking along a beautiful SK trail 	23 Gather your friends and go caroling
24 Go for a walking sparkle tour of your neighbourhood	25 HAPPY ACTIVE HOLIDAY! Make an active family holiday tradition!	26  Play a game of hide & seek	27 Shovel your neighbours sidewalk	28  Relax with some yoga	29 Make snow art using snow paint or coloured water	30 Have a game of street hockey or shinny 
31 Dance in the New Year! 