

Fun ways to be active in your community:

1. Walk your dog, friend or parent! Walk instead of driving.
2. Ride a bike!
3. Tag – so many games.
4. Play catch – softball, football, frisbee.
5. Get your neighbours together for ball hockey, scrub or hide and go seek.
6. Fly a kite.
7. Nature walk.
8. Go fishing.
9. Hopscotch or other skipping games.
10. Gardening or yard work.
11. Dance or folk dance.
12. Lift weights.
13. Clean up your neighbourhood.
14. Try an activity that you've never done before.
15. Learn to drum.
16. Try birdwatching.
17. Make a scavenger hunt and invite your friends.
18. Learn to use a compass and map. Then make up a route and have a friendly competition.
19. Get a book from the library and teach yourself a dance/craft from another country.
20. Rollerblade.
21. Sidewalk art.
22. Shoot some hoops or play "21".
23. Badminton
24. Make up an obstacle course.

GREAT FREE OPTIONS in the

South West:

- Greenspaces
- Playgrounds and Sprayparks
- Youth Centers
- Volleyball & Basketball courts
- Walking & biking trails
- Ball diamonds, Tennis courts, Skateboard parks, Horseshoe pits, BMX parks
- Library programs



Contact the South West

Recreation Association or your local town or village office to see what information they can share with you about facilities and programs where you live such as:

1. Parks play programs
2. On the Move
3. Art Workshops

Set your sights on 5/30
Moderately intense activity five days a week for a total of thirty minutes a day. It feels GREAT!

Parents are the #1 influence on the physical activity level of children.

Tips: Be active with kids.

Use happy language & tone of voice. Don't expect yourself or the kids to be "skilled" right away. Celebrate efforts made!

No matter what the age, people like to interact.

Tips: Make play/activity dates with

friends and neighbors. Accept everyone efforts as genuine; be kind to others and yourself!

Being active doesn't have to cost a lot. You are only limited by your imagination.

Tips:

Visit the local library to get books on games and sports or visit websites on the library computers. Think of activities you played at school or family events, then share them with others.

Developed by the South West Recreation Association with funding through:



Saskatchewan
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Community
Initiatives
Fund



**Recreation is fun
and can be
inexpensive.**

Recreation activities make us smile, laugh and feel good about ourselves and the communities we live in.

There are many ways to be active and numerous supports right in your community. Show your Saskatchewan pride. Get out of the house and ask someone what they do for physical activity, then join in!

Get active your way ...

**build physical activity
into your daily life...**

at home
at school
at work
at play
on the way



.... that's active living !

Great places to find more physical activity options:

www.swiftcurrent.ca

www.maplecreek.ca

www.shaunavon.com

www.leader.ca

www.dinocountry.com (Eastend)

www.vanguardsask.com

www.glc.n.com (Gull Lake)

**Saskatchewan Parks
& Recreation Association**

www.spra.sk.ca

Zone 3 Sport Council

www.zone3sportsCouncil.com

In Motion

www.saskatchewaninmotion.ca

**SOUTH WEST
RECREATION
ASSOCIATION**



**Being Active is
for Everyone -
Low Cost and
No Cost Physical
Activities Ideas**

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SOUTH WEST RECREATION ASSOCIATION

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