

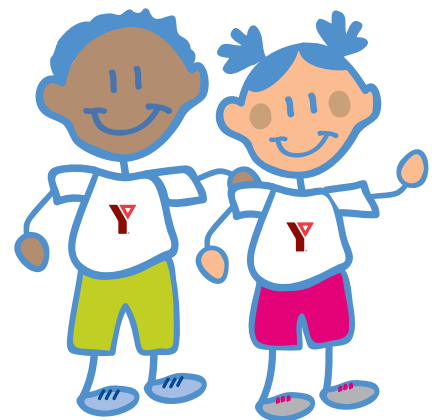


YMCA Healthy Habits Calendar

Be a role model to your children by adding these healthy habits and conversation starters to your weekly schedule:

- **Dinner-time #convoswithourkids** about everyone's favourite activity today, and plan how the family will be active tomorrow.
- Play mom and dad's **favourite outdoor games** from their childhood.
- Organize a neighbourhood **sports tournament**.
- **YouTube afternoon:** family members take turns sharing videos of their favourite sports moments online.
- **Draw names from a hat.** Whoever's name is chosen picks which game to play outside this weekend.
- **Car ride #convoswithourkids:** What's your favourite sport? Why?
- Act out each child's **favourite video game** – use your imagination!
- **Sunday #convoswithourkids:** who struggled to exercise this week? How can each family member be more active next week?

Which was your favorite conversation starter?
Follow us @ymcagta and use #convoswithourkids
to share your favourite healthy habits.



@ymcagta

#convoswithourkids



SUN MON TUE WED THU FRI SAT

Write activity here

Write name here

NAME

NAME

NAME

NAME



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#convoswithourkids
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