



be fit for life
moving alberta

BE FIT WITH YOUR KID

This free resource is for you to stay active and get creative with your family in the comfort of your own home and yard. Be Fit for Life challenges you to try all activities regardless of the equipment you have to develop skills and discover new interests. Designed for those aged 6-17, with an adult.

With 12 activities, this resource is packed with hours of fun! You can try out each activity once/week or more frequently. We want to see your creativity and reward you for trying each activity, so please share photos with us on social by tagging us on Facebook or Instagram with the hashtag #BeFitWithYourKid.

Each activity tag equals one entry for a sporting goods and resource prize draw for the family on June 30, 2020. If you are not on social media but would like to enter the draw, you can email your submissions to befitforlife@lethbridgecollege.ca.

You are welcome to repeat activities and tag us as many times as desired with your own variations, but we will only accept one post per activity for the prize draw. You have 13 opportunities to enter!

Disclaimer: By performing the following activities, you are exposing yourself to the risk of personal injury, including but not limited to an increased load on the heart that may result in dizziness, shortness of breath, fainting, chest pain or discomfort, nausea, and, in extreme cases, heart attack. If you experience any of these effects, immediately stop the activity and seek medical attention. Consult your doctor in advance if you have any concerns. Make sure you have ample room to perform the activity without coming into contact with other people or objects. Do not perform an activity unless you can do so safely. Check in with the current status, public health orders and updates from the Chief Medical officer for your area. [Alberta](https://www.alberta.ca).

Alberta
Government



BASKETBALL

[Click this link for the activity.](#)

[Don't have a hoop? Check out this link of how to craft one at home.](#)



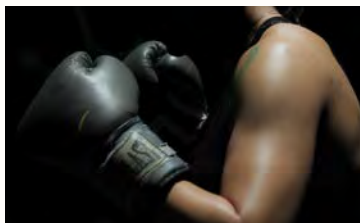
BIKE RIDING

[Click this link for the activity.](#)



BASEBALL

[Click here for the activity.](#)



MUAY THAI KICKBOXING

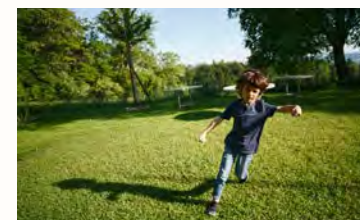
[Click here for your workout](#) designed by the Progressive Fighting Academy.



HIKING ADVENTURE

[Click here for the activity guide.](#)

Once complete, you can cool down with our [recommended yoga video](#). - Bonus post for the prize draw of your favorite yoga pose! #BeFitwithYourKid



BACKYARD WORKOUT

[Click here for the workout!](#)



POST ACTIVITY BONUS!

Hey everyone! Don't forget cool down and stretch after each activity! [Click here for your guide to stretching.](#)



ORIENTEERING



[Click here for a guided explanation of the resource](#)
Orange Marks the Spot, by the Be Fit for Life Network
and the Alberta Orienteering Association.



TAE KWON DO



[Click here for a Taekwondo lesson](#) from
Legacy Tae Kwon Do Ltd.



JUMP AND PLAY YARD GAMES

[Move and Play with Be Fit for Life here!](#)



SOCCER

[Click here for the activity.](#)



FRISBEE

[Click here for the activities!](#)



VOLLEYBALL AND BADMINTON

[Click here for the activities!](#)



@lc_bffl