

## **FAMILY ACTIVITY CHALLENGE - SPRING / FALL**

Montreal Canadiens players have to be in peak condition during the hockey season. That is when all of their hard work and conditioning pays off. But for that to happen, the players have to work hard in the off-season. Canadiens players have strict off-season workout regimens that they follow. But there is more to active living than just working out.

For the Canadiens, being active does not always mean being stuck in a gym or an arena during the off-season. There are many small, simple things they do to stay healthy and active that you can do too. They are not difficult, but will help you achieve an active mindset. An active mindset is half the battle of creating an active lifestyle. All that is left to do is put your active mindset into action.

**Here are some things that the Canadiens' players and their families do to stay healthy and active:**

- Spend as much time outdoors as possible
- Drink plenty of water or other healthy liquids
- Always use sunscreen and wear a hat
- Take the family grocery shopping so everyone can learn to read the nutrition labels
- Eat healthy
- Always use the stairs
- Carry items properly—such as book bags and groceries—to build strength
- Make chores your chance to be active
- Visit outdoor education centers
- Learn to juggle with the entire family
- When you have to go out, walk, ride your bike, rollerblade or skateboard instead of driving
- Try to find something active that you enjoy that is not a sport

### **Travel Challenge**

In this lesson, your family will create a spring / fall family travel challenge. The activities themselves are not difficult and can be done by anyone. Have your kids pick a city in the Western Conference (using the map provided) and create a chart for their activity challenge. Give them a time frame (weeks or months) to successfully complete the challenge and reward them along the way.

The idea of this challenge is that each family member must do a number of physical activities that add up to the distance between two points. For example, the distance between Montreal and Ottawa is 190 km. So the family would have to do 190 km worth of exercise.

Keep a logbook of their families' activities. Each member who participates can earn kilometres. Below there is a list of activity examples and their distance values. If there is an activity that is not on the list, you can add it and create a distance.

### FAMILY ACTIVITY CHART - Spring & Fall

Activity	1 Minute =
1. Bike Riding	3km
2. Running	3km
3. Gardening	2km
4. Raking leaves	2km
5. Swimming	3km
6. Tennis	3km
7. Rollerblading	3km
8. Jump Rope	3km
9. Catch	1 km
10. Dancing	1 km
11. Frisbee	1 km
12. Soccer	3km
13. Basketball	3km
14. Hopscotch	1 km
15. Hide and Seek	2km
16. Hula Hoop	2km
17. Walking	1 km

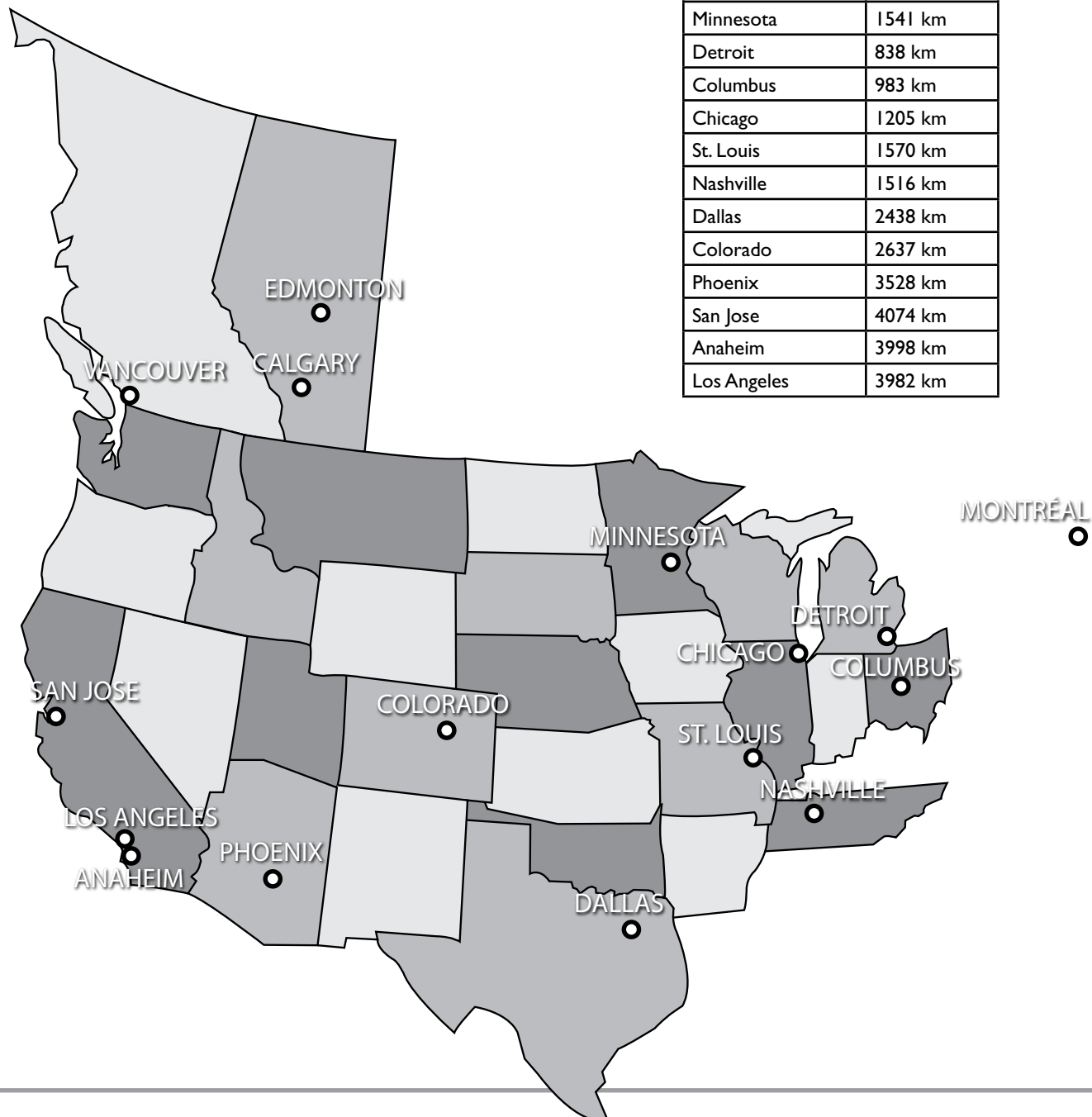
### FAMILY ACTIVITY CHART - SPRING & FALL

Start	Destination	Distance
Montreal		

example

	Activity (min/km)	Number of Participants	Minutes completed	Total Group Minutes	Kilometres Earned
1.	Bike Riding (4 km)	5	20	100	400 km
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
TOTALS					

### WESTERN CONFERENCE MAP



From Montreal	Kilometres
Edmonton	3764 km
Calgary	3743 km
Vancouver	4801 km
Minnesota	1541 km
Detroit	838 km
Columbus	983 km
Chicago	1205 km
St. Louis	1570 km
Nashville	1516 km
Dallas	2438 km
Colorado	2637 km
Phoenix	3528 km
San Jose	4074 km
Anaheim	3998 km
Los Angeles	3982 km