

Activate Your Date Night

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Couples that Play Together Stay Together!

With winter comes the standard movie and popcorn date night – but hold the remote! Better yet – put down the remote and add some **heat** to your date by “activating” it with some fun and seasonal physical activities.

Activating your time together can help keep the romance in your relationship while improving your physical, mental and emotional health.

When scheduling activities for your children to stay healthy and physically active this winter, remember to schedule in time for you and your partner – go ice skating along the river, walk for a coffee, snowshoe in the park, go out for a winter run, or walk to pick up a rental movie together.



Benefits:

- Improved health and fitness
- Improved ability to deal with daily stresses
- Increased interaction and sharing of new experiences
- Increased common interests

“in motion” ideas to activate your date night:

Sports enthusiasts

Join a recreational indoor league at your local community centre (volleyball, basketball, badminton, spongee, ultimate frisbee, curling, etc).

Share a first time

Pick any activity that is new to both of you and learn it together.

A cup of java

Walk to and from your local coffee shop to extend your date.

For the music lovers

Get up and dance in your living room like nobody's watching! There are also several studios in the city that offer couples dance classes or drop-in nights.

Movie & popcorn

Walk to your neighbourhood video store to pick up a movie and have your popcorn butter-free.

*** If your babysitter cancels, don't cancel date night – build a snowman, snow angel or head to the hills for some tobogganing with the kids.*

Scheduling a weekly date can help you meet the recommended guidelines set by Health Canada – 30 to 60 minutes of physical activity every day. **Every ten minutes counts towards a healthier heart!**



It's important – make it part of your family life!

Making physical activity part of your time together can result in a stronger and more satisfying relationship with your partner.

Research has shown that parents who are more physically active tend to have children who grow-up to be more active.

You deserve it – make it a date!

With all the daily demands of parenting it can be easy to forget about making time for each other. Give yourself permission to put your relationship and health high on your priority list. A great way to ensure that you and your partner find and make time to be together is to schedule an “active date” once a week. Commit to it, stick to it, and enjoy whatever activity you decide to do! Trading childcare with friends and family can help you find the time.



Physical Activity. It's Good for Your Health. Do it for Life!

For more ideas on how you and your family can get “in motion” visit www.winnipeginmotion.ca or call 940.3648


Physical Activity - do it for life!
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"in motion" Gift Ideas

Are you looking for great gift ideas for your family? An active gift can be a fun and motivating way for your loved ones to include physical activity in their day.

Give the gift of activity and good health by giving an "in motion" gift!

Some ideas to get your shopping started:

Active indoor games – charades, Twister, Dance Dance Revolution, Nintendo Wii

Outdoor fun – skates, toboggan, cross-country skis, snowshoes

Fitness ideas – exercise ball, bosu ball, exercise bands, "how to" book on exercise, instructional video

"Techy" gadgets – pedometer, iPod, heart rate monitor, global positioning system (GPS)

Programs – registration for an activity program, facility pass or membership

Personalized gift certificates – Share your time and commitment by giving the gift of weekly childcare, walking dates, an hour of play, etc...



For more fun "in motion" gift ideas visit www.winnipeginmotion.ca

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