



Celebrate June is Recreation Month with us!

newmarket.ca/recmonth | [@townofnewmarket](https://twitter.com/townofnewmarket)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start Here Check off every day that you complete!	1 min Wall Sit Epic Water Fight!	2 Burpees Best Sports or Magic Trick!	3 km Walk/Run Wacky Hair Day!	4 Push-ups Build the tallest tower using ONLY Recycling materials!	5 min Fresh Air Family Fitness Challenge	6 min of Stretching Take a Trail hike or Nature Walk
It's National AccessAbility Awareness Week from May 31 to June 6, 2020						
7 Frog Jumps Sidewalk Chalk Design	8 Sumo Squats DIY Water Dive Toy	9 Crunches Museum Word Puzzle Night	10 Thousand Steps Family Cards/ Board Games night	11 Wood Chops Plant something in your Home Garden.	12 High Knees Squat Challenge!	13 Lunges Build an Obstacle Course
It's Water Safety Week from June 8 to June 12, 2020						
14 Jumping Lunges Balloon Paddle Ball	15 min Dead Bugs Build a craft with OUTDOOR household items	16 Scissor Kicks Families cook an international meal	17 min Walk/Run Family Dance Party night!	18 Sit-Ups Eat Lunch/ Dinner outdoors for International Picnic Day!	19 Meditation What's My Name? Fitness Challenge!	20 min of New Sport Create your own Father's Day Cards!
21 Mountain Climbers Build a Family Time Capsule	22 Triceps Dips Draw or Paint night	23 Windshield Wipers Build a fort!	24 Skaters Park Scavenger Hunt	25 Reverse Crunch Create a Vision Board!	26 min Active Plank Challenge!	27 min Raking Lawn Family Camp Out
28 Jumping Jacks Alphabet Scavenger Hunt	29 Forward Leg Swings Write a song, poem or short story with your family	30 min Yoga/ Pilates Decorate for Canada Day!	For more detailed instructions on our activities listed visit newmarket.ca/recmonth			

Celebrate Indigenous Month and Senior's Month with us too! Visit newmarket.ca/homesweethome



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Let's Get Active

June is Recreation Month, a movement that promotes the benefits of recreation for physical, social, and environmental health.

In 2020 families are at home with fewer options to access recreation. As recreation enthusiasts, we know that recreation is a fundamental human need with many benefits, especially during this unprecedented time. That's why we're showing you simple and fun daily activities and challenges that can be done from home!

Challenge yourself and your family and stay active this June!

How to Participate

Need some extra instructions on our activities? No problem! Visit Newmarket.ca/recmonth for a full list of resources.