

## Physical Activity Resource for recreation leaders and families during the Covid-19 pandemic:

- Sport for Life – Facing Covid together  
<https://sportforlife.ca/facing-covid-19-together/>
- ParticipACTION  
<https://www.participaction.com/en-ca>
- WHO Guide to Stay Active during Self-Quarantine  
<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/technical-guidance/stay-physically-active-during-self-quarantine>
- ParticipACTION's Live Weekday Fitness Break Videos  
[https://www.facebook.com/pg/ParticipACTION/videos/?ref=page\\_internal](https://www.facebook.com/pg/ParticipACTION/videos/?ref=page_internal)
- Active Living Alliance  
<https://ala.ca>
- Ophea  
<https://www.ophea.net/resources-support-parents-and-caregivers-health-and-physical-education-home>
- PHE Canada  
<https://phecana.ca/activate/phe-home-learning-centre>
- PISE  
<https://www.pise.ca/physical-literacy-resources/>
- Saskatchewan In Motion  
<http://www.saskatchewaninmotion.ca/post/staying-active-while-staying-home>
- YMCA  
<https://www.ymcahome.ca/yygm>
- JumpStart  
<https://jumpstart.canadiantire.ca/pages/play-from-home>
- Jays Care Unstoppable kids challenge  
<https://www.mlb.com/bluejays/community/jays-care/unstoppable-kids/challenges>
- Choose to move  
[https://www.choosetomove.ca/get-active?fbclid=IwAR29MDsC8lLuvLqaH5FQDeL0iC4JlyVyfyug0K8WNNRWmsG6\\_p4hJdP7-uk](https://www.choosetomove.ca/get-active?fbclid=IwAR29MDsC8lLuvLqaH5FQDeL0iC4JlyVyfyug0K8WNNRWmsG6_p4hJdP7-uk)

- Active for Life  
<https://activeforlife.com>
- Physical Activity and your Health  
<https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html>
- Active Transportation  
<https://www.canada.ca/en/public-health/services/being-active/active-transportation.html>
- Safe Play  
<https://www.canada.ca/en/public-health/services/being-active/play-safe.html>
- Public Advisory: Ways to Stay Physically Active While Practicing Physical Distancing  
<https://www.gov.nl.ca/releases/2020/cssd/0512n03/>
- WHO #HealthyAtHome  
<https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>
- Active Aging Canada  
[www.activeagingcanada.ca](http://www.activeagingcanada.ca)
- Regatta Health and Wellness Program  
<http://stjohnsregatta.ca/2018/07/26/royal-st-johns-regatta-committee-promotes-health-and-wellness-with-new-health-and-wellness-program/>

Have additional resources to add to this list? Please send them to Pam  
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