

# Urban Activity Tips



For some of us living in the city, we don't always have access or the means to get out into nature to explore the hiking trails, bike paths, lakes or ski hills nearby.

However, just because you're "stuck" between concrete walls, doesn't mean you can't enjoy physical activity in a fun way! Although you may not be close to nature, you still have a "concrete jungle" that you can explore! Here are a few ways to get you started on your next urban adventure:

1. Hop on/off the subway/bus at places you've never stopped before, get out and explore the neighbourhood and ask a friend to meet up with you to discover the sights. Remember to take the stairs to/from the subway instead of the escalator or elevator.
2. Find a local public garden and take a stroll through it with a loved one, especially in spring when everything is budding!
3. Grab a yoga mat and take it outside to the park, public beach or even your patio/balcony and get stretching!
4. Sidewalks aren't just for walking! Get out and enjoy some inline blading on your local streets too! Be sure to wear protective gear and of course, be courteous to pedestrians using the sidewalk.

5. Back to school! If you have children, they might not want to go back to school on the weekend....but why not?? Visiting your local school yard can be fun for the whole family as many schools have outdoor basketball courts, hopscotch courses, jungle gyms and lots of room to run around or skip rope. You could bring a soccer ball too, as there might just be a field out back or bring a tennis ball with you to play handball up against a brick wall.