



Join us for a minimum of 30 minutes of physical activity for 30 consecutive days and make 2010 your healthiest year ever! Download this worksheet at www.getouttheremag.com/30days.php

try this	date	here's what I did for myself today	time
Remove drying laundry from home gym equipment and reclaim	January 1	Re-hydrated from last night, threw Happy New Year, Charlie Brown! into the DVD player and dusted off the old stationary bike for an easy spin.	45 minutes
Get the girls together for early morning yoga and skinny lattes			
Saddle up old Nellie for a crisp winter trail ride			
Hit your local outdoor rink with friends for a game of shinny			
Go "on belay" with a buddy at your favourite climbing gym			
Dive into the community pool for freestyle laps and drills			
Go bowling			
Get your sexy on at a pole dancing fitness class			
Set up the big screen and invite friends over for a spin class			
Take a speed skating class at your local arena			
Do a winter adventure race			
Put a smile on your wife's face with dinner and salsa dancing			
Put your booties on and try a winter bike commute to work			
Bundle up the kids for a day of classic cross country skiing			
Strap on a pair of snowshoes for a winter run			
Enjoy brunch with the family followed by a brisk walk outside			
Snap into your bindings for first tracks in fresh pow			
Join your trainer to pump some iron at the gym			
Drag the kids around the block on toboggans			
Don your neon and reminisce at the local roller rink			
Take a lesson in telemark skiing			
Warm up with a hot yoga class			
Shovel out after a big dump of the white stuff			
Dance your butt off at your favourite night club			
Try ice climbing			
Hit a resort that offers moonlight snowshoeing and fondue			
Join an indoor sports league for an hour of Ultimate			
Hit 'em out of the park at the batting cage			
Drive to your heart's content at an indoor driving range			
Participate in a cross country ski race			
Hike into the backcountry and build a quinzee			