

JANUARY 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**NHCHC
CLOSED**

2

3

**SIT & FIT
11-12**

7

Aqua Fit
11-12

8

**SIT & FIT
11-12**

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Aqua Fit
11-12

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**SIT & FIT
11-12**

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Aqua Fit
11-12

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**SIT & FIT
11-12**

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Aqua Fit
11-12

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**SIT & FIT
11-12**

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Aqua Fit
11-12

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**SIT & FIT
11-12**

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Aqua Fit
11-12

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**SIT & FIT
11-12**

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Aqua Fit
11-12

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**SIT & FIT
11-12**

30

Aqua Fit
11-12

31

**SIT & FIT
11-12**

Safe Shoveling

 Warm up for 5-10 minutes

 Use ergonomic shovel

 Stay hydrated

 Dress warmly

 Lift with your legs, not back

 Keep your back straight

 Push snow as you shovel

 Switch hands while shoveling

 Pace yourself

 Take breaks



NorthHamilton

Community Health Centre