International FASD Awareness Month

Physical Activity Challenge

We know that physical activity improves brain function and overall health.

More than 50% of pregnancies are unplanned and there is no safe kind, no safe time, and no safe amount of alcohol to consume during pregnancy. It is encouraged that both partners avoid alcohol and other substances when planning a pregnancy.

As you do these activities think about how you can support an expecting person to reduce the risk of FASD, or how you can support someone affected by FASD. Since individuals are pregnant for 9 months, you will do each physical activity 9 times to complete the checklist.

- ◯ 9 Jumping Jacks 
- ◯ 9 second stand on one foot (each side) 
- ◯ 9 side lunges (each side) 
- ◯ 9 push ups 
- ◯ 9 second run on the spot 
- ◯ 9 toe touches 
- ◯ 9 arm circles (both directions) 
- ◯ 9 squats 
- ◯ 9 sit ups 

HAVE FUN AND MAKE CONNECTIONS



To be entered into the draw send your photos to

FASD@anishinabek.ca

Entry must be submitted by September 30, 2026 to be eligible for the draw.