

MAKE PHYSICAL ACTIVITY PART OF THE DAY, EVERY DAY

Helping children to fit physical activity into their daily routine creates a pattern for the rest of their lives. Health Canada recommends 90 minutes a day of moderate physical activity for children and youth and 60 minutes a day of moderate activity for adults. Three 10-minute sessions are just as effective as one 30-minute session.

- 1. Enjoy Being Active:** Active parents usually have active children. Encourage your child to be more active by setting a good example. Include endurance, strength and flexibility activities for overall health.
- 2. Develop Awareness:** Help your child become aware of how much or how little activity they do. Have your child record the number of minutes they are active as compared to the number of minutes they sit each day. Over a few days a pattern will emerge.
- 3. Set Goals:** Work with your child to set realistic goals to increase their activity. Setting goals helps children check their own progress. In the beginning, set goals small and very easy to do. If children are successful at meeting their goals, it will encourage them to do more. Success is addictive!
- 4. Give Feedback and Praise:** Have your child track his progress. Once a goal has been reached, set a new one. Support and encourage your child to be active every day. A *Physical Activity Chart* and *Physical Activity Stickers* for children are available from Health Canada at www.paguide.com.
- 5. Get Active As a Family:** Find a fun activity that the whole family can do together. Children enjoy spending time with their parents. Spend active time with children; go for a walk, play tag or do chores together.
- 6. As a Family:** Limit screen time, the time spent in front of a TV or computer monitor, to a maximum of 2 hours a day (outside of work or homework).

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/dietitian/
- ◆ www.dietitians.ca
- ◆ www.actnowbc.ca
- ◆ www.paguide.com