

Limit Total Screen Time to 2 hours A Day

Physical Activity Is Important for Good Health

- Physical activity, along with healthy eating habits, is a sure path to maintain good health
- For kids, doctors recommend 60 minutes of moderate to vigorous physical activity every day
- Being active increases endurance, flexibility, and strength
- Active children usually have improved coordination, feel better about themselves and can do better in school
- Physical activity burns calories and exercises the muscles
- Active children are less likely to be depressed or anxious and have reduced risk of developing diabetes, asthma and heart disease as they get older



Physical Activity: What Your Family Can Do

- Get up and keep moving while watching TV or playing video games
- Make it a goal: move during commercials
- Stay active throughout the day: park farther away, take the stairs, get off the bus one stop earlier, walk
- Make moving fun: dance to music, try a new fitness video, play musical chairs, play simon says, four square, tag or make active rules for card and board games

For More Information

- www.kidshealth.org
- www.cdc.gov
- www.screentime.org
- www.nhlbi.org
- www.ohioactionforhealthykids.org

Information provided adapted from the Centers for Disease Control, Ohio Action For Healthy Kids, and National Heart Lung and Blood Institute

Quick Tips

- Limit how long and how often you spend in front of the TV or the computer
- Set clear limits on TV watching, video games and computer time
- Turn off the TV or computer for a whole day, at least one day a week
- Be active during commercials by seeing how many push-ups, jumping jacks, arm circles or sit-ups you can do before the commercial is over
- Don't eat in front of the TV or computer



Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will not eat in front of the TV
- I will limit my screen time to no more than 2 hours
- I will turn off the TV or computer for a whole day, at least once a week

Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

