



The Children's Hospital

Be Active!

LIMIT SCREEN TIME

- Less than 2 hours a day
- Monitor and limit your kids' screen-time.
 - TV, DVDs, computer and video games.

No TV in the bedroom

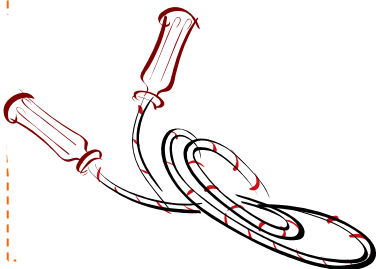


GET MOVING

- 1 hour or more everyday

Get the whole family involved, it will be fun for everyone!

- Set aside time each day to be active, this will make it routine



BE CREATIVE

Choose activities that interest you and your family!

15 FUN WAYS TO BE ACTIVE

1. Find biking or walking trail in your neighborhood
2. Dance class or dance on your own
3. Walk or bike to school
4. Visit a museum or zoo
5. Play frisbee
6. Ice skating
7. Walk the dog or volunteer to walk a friend's dog
8. Play hide and seek as a family
9. Walk around a local track. 4 laps is 1 mile
10. Visit your local Recreation Center
11. Play catch
12. Go swimming at a local pool
13. Play a game of tag
14. Jump rope
15. Go on a hike

