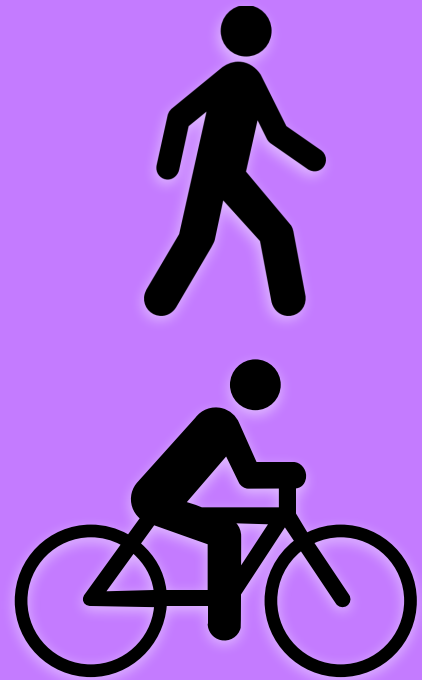
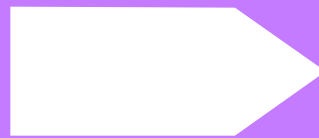
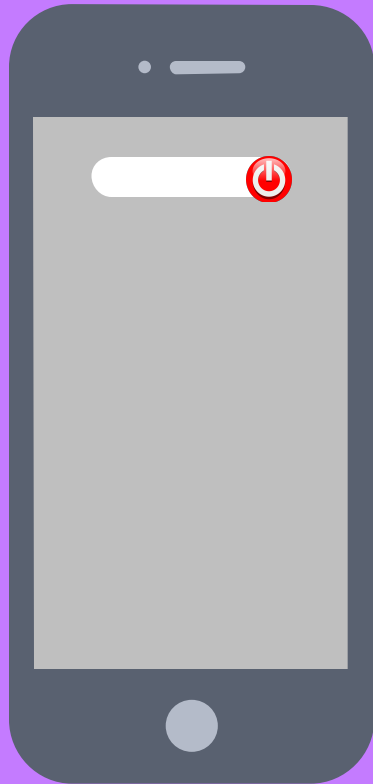


Unplug & Connect

To Physical Activity



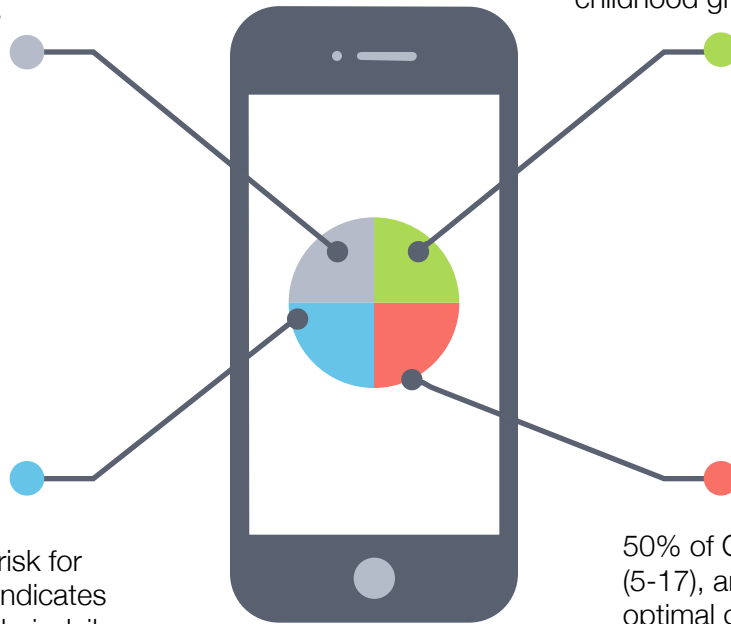
It's about children growing up happy and healthy



Screen Time Can Include:

- Watching television
- Being on a computer
- Tablet or smart phone
- Playing video games

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day. Regular physical activity is an essential part of early childhood growth and development.



1 in 4 of Canadian kids is at risk for becoming obese. Research indicates that when children increase their daily physical activity, they decrease their chances of developing many diseases such as heart disease and type 2 diabetes.

50% of Canadian children & youth (5-17), are not active enough for optimal growth and development, and 90% fail to meet the daily requirements of Canada's Physical Activity Guide.

Connecting with physical activity:

- Our bodies are designed to move. People who are active each day live healthier, happier, and longer lives.
- Screen time can displace physical activity, reading, and face-to-face socializing. By turning off screens, children have more time for active play and other beneficial pursuits.
- Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges.
- Children who establish healthy lifestyle patterns at a young age will carry them - and their benefits - forward for the rest of their lives.

Become a 'Screen Smart' family:

- Balance 'screen time' with 'real time'. Choose activities that encourage connecting to physical activity.
- Ideas to connect to physical activity:
 - ✓ Make physical activity part of your family's daily routine by taking family walks to explore your neighbourhood or playing active games together.
 - ✓ Take children to places where they can be active, such as public parks and community centres. Both structured and non-structured activities contribute to children's overall health.
 - ✓ Provide opportunities for children to acquire some basic skills like throwing, catching, jumping rope, hitting a ball, skating and dancing.

