

# Move More... Watch Less

Parents, you are your children's "super (role) model."  
Be active with them!



fit families

• be active • eat healthy • drink water  
This institution is an equal opportunity provider.

Aim for: 60 minutes of physical activity or active play for kids every day - 2 hours or less of TV watching for kids every day



PLAY WITH A BALL

## Adults & Kids Together Can:



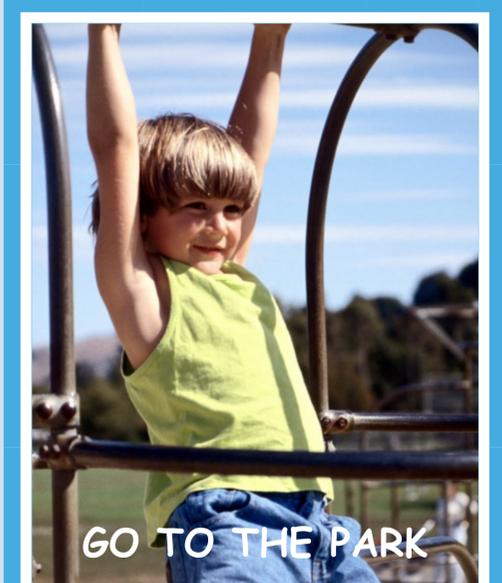
GO FOR A WALK



PLAY OUTSIDE



RIDE A BIKE



GO TO THE PARK

Screen-based activities may contribute to youth obesity in one or more of the following ways:

- Screen time replaces time kids could be physically active
- Food ads on TV influence kids to make unhealthy food choices
- Kids snack excessively while in front of the screen, and they eat less healthy meals when in front of the TV

Kids spend more time in front of the TV, video, and computer than they spend on anything else besides sleeping.

### Things Parents Can Do:

- Limit screen time (TV, video, electronics and computer) to no more than 2 hours a day.
- Eat meals as a family and keep the TV off during meals
- Remove the TV set from your child's bedroom
- Do not use screen time as a reward; instead offer special play time or a physical activity like going to the park or swimming.

Playing with Your Toddler



This is my goal for my toddler:

Playing with Your 3 to 5 Year Old



This is my goal for my child:

### What Physical Activity Can Do For Your Kids:

- More Sleep
- Better Sleep
- More Stamina (to keep up with their peers at play and sports)
- Better muscle tone, stronger bones and joints
- Promotes health, growth, & development
- Reduces the risk of heart disease, type 2 diabetes, certain types of cancers and other health problems.