

March 2010



Want an active kid? Be an active parent!

The facts:

- Parents who are physically active are more likely to have active children
- Less than half of Canadian parents are regularly active with their kids
- Parents are children's *number one* role models
- Children watch and learn much more from what you **do** than from what you **say**

No doubt about it - it's time to get up and get active with your kids!

Some tips:

- Go for a daily walk, jog, or bike ride around the neighbourhood
- Learn a new sport together, such as tennis or basketball
- Get your children to help you with chores around the house, such as raking leaves, vacuuming, walking the dog and carrying groceries
- Play with your kids: Enjoy a game of hopscotch, skipping, tag, or catch
- Leave the car at home and use active transportation (e.g., cycling, walking, rollerblading) as often as possible
- Limit screen time: The Canadian Pediatric Society recommends no more than two hours of leisure screen time per day for school-aged children



For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca