

# Want an active child? Be an active parent.



Parents who are physically active are more likely to have active children. Children watch and learn much more from what you do than from what you say. Parents are children's number one role models.

No doubt about it. It is time to get up and get active with your children!

## Some tips:

- Go for a daily walk, jog or bike ride around the neighbourhood
- Learn a new sport together such as tennis or basketball
- Play with your children; 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: no more than two hours of leisure screen time per day for school aged children
- Have children help with chores around the house; raking leaves, vacuuming, walking the dog or carrying groceries



For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)