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## Enjoy the benefits of an active lifestyle

### What physical activity can do:

- Help to achieve and maintain a healthy weight
- Promote good posture and balance
- Strengthen the heart and improve fitness
- Improve self-esteem
- Encourage healthy growth and development
- Build strong bones, increase flexibility and strengthen muscles
- Improve school performance and help children make new friends



### Tips for helping your child to be more active:

- Invest in basic equipment, such as skipping ropes, balls and Frisbees™
- Send your children to school in comfortable clothing to encourage active play
- Limit leisure screen time to two hours per day
- With sports, focus on active participation and having fun, rather than winning
- Introduce a variety of activities so children can choose which ones they enjoy
- Leave the car at home and use active transportation whenever possible
- Remember, not all children enjoy sports; there are many other ways to be active!

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