

April 2010

*pause to PLAY!*

**It's time to *pause to PLAY* the week of April 19-23, 2010!**

Get ready to get active, eat healthy, and stay safe! Children and youth from all over York Region are encouraged to put television, videogames and computers on *pause* for one full week. Instead, focus on engaging in physically active **PLAY**, eating healthy foods, and other fun family and community activities away from screens. So take the challenge for a week or more and learn how much fun it can be to "*pause to PLAY*"!



**Why *pause to PLAY*?** According to Active Healthy Kids Canada (2009):

- Only 10% of Canadian youth meet the recommended screen time guideline of less than two hours per day.
- 87% of Canadian children and youth are still not meeting the recommended 90 minutes of physical activity every day.
- Research clearly demonstrates that regular physical activity improves learning and academic performance.

Every step counts: ABC (**A**nny way **B**ut in a **C**ar) to and from school, active unstructured play and sports, and choosing healthy eating all add up! Check out [www.york.ca/healthyschools](http://www.york.ca/healthyschools) for more information.

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