

November 2009



How active is your child?

Yes	No	Physical Activity Quiz
		Does your child walk, bike, or rollerblade to school?
		Does your child get at least 30 minutes of physical activity at school every day?*
		As a family, do you regularly take part in active pastimes, like hiking, biking, walking, swimming, or skating?
		Does your child play outside most days?
		Is your child regularly involved in sports or recreational activities in his or her school or neighbourhood?
		Does your child have no more than two hours of leisure screen time each day?
		Is your child active for at least 60 - 90 minutes each day?*

* can be built up throughout the day in periods of at least 5-10 minutes

The more YES answers you have, the more likely it is that your child is enjoying all the benefits of active living such as: strong bones, good posture and balance, increased relaxation, meeting new friends, and improved self-esteem.

Remember, children need at least 60 - 90 minutes of moderate to vigorous physical activity every day for good health, so do your part to introduce your child(ren) to an active lifestyle!

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