

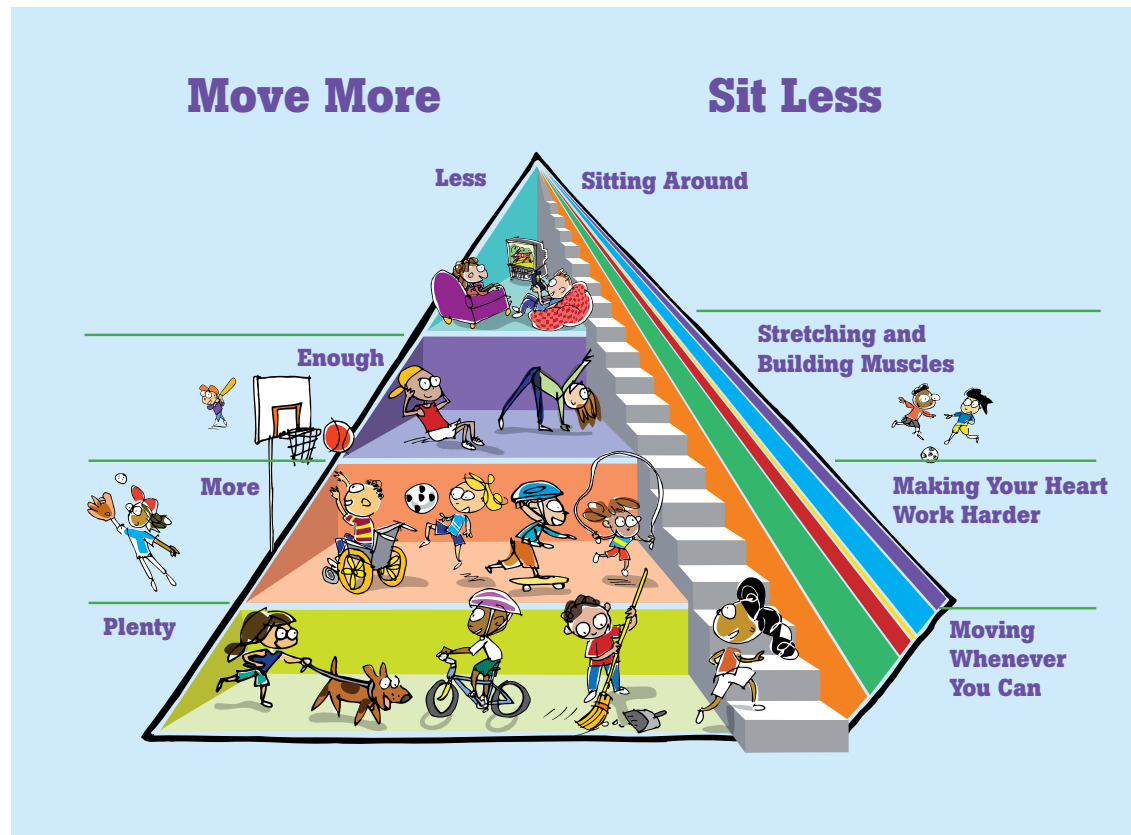
Enjoy Moving

Ask Sharon

Help! My children want to spend all their time in front of the TV or the computer. They are becoming couch potatoes and I'm concerned about their future health.

Answer:

You are not alone. Most parents share your concerns and many children have too much "screen time." But there is one thing more attractive to your children than the TV or the computer...YOU! Get your children to be physically active with you. Take daily walks or spend a day at a park or the pool. Have fun! Keep track of your physical activity with a chart and give your children (and yourself) lots of praise for your physical activity time.



Use the Activity Pyramid as a Guide for Healthy Living

Physical activity is essential for a strong and healthy body. Remember, your child learns many habits by watching you. The more physically active you are, the more likely your child will

be active, too. Be an active family. Make family time active time. Kids need at least 60 minutes of physical activity on most days—and adults need at least 30 minutes of moderate intensity physical activity on most, preferably all, days of the week.

LET'S GET MOVING!