

Get winter Active

January



How to get active this winter!

The Facts

- Over half of Canadians age 5 - 17 years, are not active enough for optimal growth and development.
- Fifty-one percent of Canadian children aged 5 -17 years of age rely on inactive modes of transportation to get to and from school.
- Statistics Canada indicates that generally, the activities that are most popular among children aged 5 - 12 remain popular among adolescents.

Cut the Screen Time

Screen time includes watching TV, playing computer/video games, surfing the Internet.

Limit screen time to less than one to two hours per day. Remember screen time is more than just TV.

Let children choose only their favorite TV shows and then keep the TV off.

Recent studies have shown a rapid increase in the percentage of children in Canada that are overweight and obese. Remember there is an exciting world out there for children to explore beyond the television screen.

Benefits of Physical Activity

- Builds strong bones and strengthens muscles.
- Strengthens the heart.
- Maintains flexibility.
- Helps maintain & achieve a healthy weight.
- Improves self-esteem.
- Promotes healthy growth and development.

What can parents do?

Set limits on screen time (refer to side box) and help your family get active. The winter months are when we tend to be inactive. However, there are many activities that are available in the winter.

Guidelines for physical activity.

Health Canada recommends that children and youth get between 30-90 minutes of physical activity each day.

The increase in physical activity should include a combination of moderate activity (such as brisk walking, skating and bike riding) with vigorous activity (such as running and playing soccer).

Daily physical activity can be achieved by a number of short periods of physical activity (at least 5 to 10 min) throughout the day. The goal is to increase physical activity over several months (in children and youth) to a total of 90 minutes of physical activity per day.



Activities for the winter!

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| <ul style="list-style-type: none"> • Indoor swimming • Bowling • Skating/ hockey • Building a snow man • Tobogganing • Walks | <ul style="list-style-type: none"> • Play on playground equipment • Visit a museum • Visit the zoo • Laser tag • Indoor minigolf | <ul style="list-style-type: none"> • Extracurricular sports <ul style="list-style-type: none"> - hockey - dancing - gymnastics - indoor soccer |
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