

Health Hints

Active Video Games

Active video games have been suggested as a good way for getting kids to move more. However, when [Active Healthy Kids Canada/ParticipACTION](#) examined 1367 research papers, the results were against video games as a substitute to help kids be more active.

While the movement in active video games may get heart rates going, it is usually too brief and does not add up to the 60 minutes of moderate-to-vigorous intensity activity that children and youth need each day.

Active video games lack the fresh air, vitamin D, connection with nature and social contact that come with outdoor active play.

Active video games are a good way to break up sitting on the couch, but are not as good as playing real games or sports. Kids can enjoy playing active video games with their parents and friends, but they are not a replacement for real outdoor physical activity.

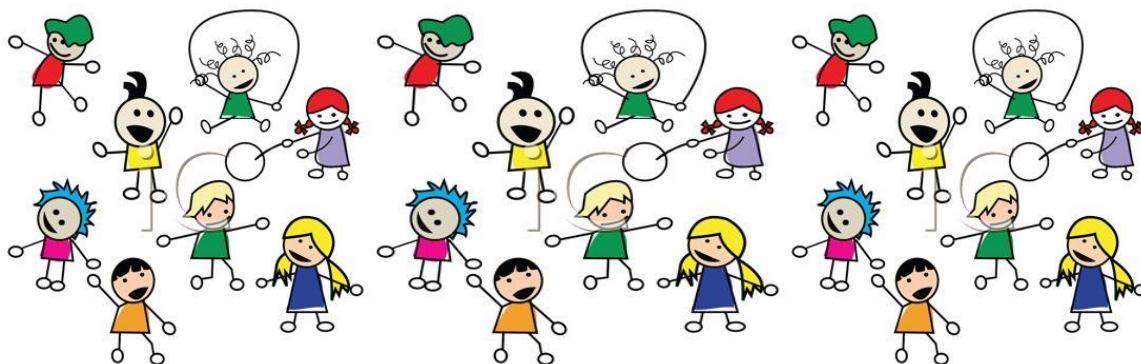


This information comes from:

<http://www.participaction.com/>

<http://www.obesitynetwork.ca/de.aspx?id=319>

<http://www.haloresearch.ca/blog/2012/11/26/active-video-games-dont-increase-overall-daily-physical-activity-levels/#sthash.JtzQ4N9Z.dpu>



Interior Health
For your whole life

www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx