

Health Hints

Fun and Fitness



Children aged 5 to 11 should have at least one hour of active physical play every day.

Make physical activity part of your family's daily routine.

Tips to Promote Activity

- Limit the amount of time spent watching television and playing video and computer games.
- Give rewards that promote activity such as pool passes, skipping ropes, or a trip to the park.
- Organize family outings, such as hiking, biking and swimming.
- Participate in the sports you enjoy and be a role model for your children!



More information for families and schools about **Live 5-2-1-0** is available at: <http://www.live5210.ca/> Click the "Resources & Tools" tab

More information on the Canadian Physical Activity Guidelines is available at: http://www.csep.ca/CMFiles/Guidelines/CS EP_Guidelines_Handbook.pdf



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