

## How to get the kids to be more active

- Australian children are less active than ever before. This is due to many factors including the increasing use of television, video, DVD, computer and hand-held computer games.
- Adults are also less active. There is a general tendency for everyone to drive more and walk less.
- It is recommended that children do at least 60 minutes (yes, an hour!) of moderate to vigorous physical activity every day in order to keep them fit and healthy. Start by increasing physical activity by thirty minutes each day and work your way up to 60 minutes.
- The more activity you can squeeze into your everyday life the better. Extra "incidental activity" such as walking to and from school, doing household chores and walking up stairs is also encouraged.
- One of the major things that affect how much physical activity a child is doing is the amount of television they are watching. The more TV, the less activity a child does.
- Think about "screen time" as well as TV time. This includes television, videos, DVDs, computers and computer games such as Playstation. Studies show that the more screen time children have, then the fatter they are.
- Try to keep "screen time" to UNDER TWO HOURS PER DAY.
- Active parents mean active kids. At first your children will need you to really encourage them in physical activities. Doing things together starts healthy habits. Ask your kids what physical activities they would like to do and set a goal for how many times you could do it in a week (see the next page for ideas on what to do as a family). You'll enjoy spending time together, you'll feel healthier and your mood will improve!

### Ideas on ways to be more physically active

- Physical activity options that help to improve a child's health and fitness including: running, chasing, playing outdoors, skateboarding, bike riding and structured sports such as soccer, footy, swimming and netball.
- Encourage time outdoors each day for play
- Develop active parking habits. For example, park further away from your destination, always take the stairs.
- Walk to school.
- Walk to the local shops for the paper.
- Don't use remote controls.
- Offer pocket money for jobs like walking the dog, washing the car.
- Use stairs instead of lifts.
- Set goals to encourage activity.
- Make exercise fun (map games, twister, hide and seek).
- Set aside time in the day to be active.
- Make the most of weekends.
- Parents & brothers & sisters should be good role models.
- Put up a basketball or netball hoop.
- Purchase inexpensive play equipment such as ball on a rope and badminton.
- Organise activities around the house e.g. a ball in the backyard.
- Have the children walk the dog together, every day.
- Have a family sporting team to support and venture out to watch games on the weekends.

- Make the most of day light saving time and go for a regular family walk after dinner.