

Family Activities

Participating in activities together as a family can be fun. [ParticipACTION](#) says “a healthy childhood requires a balance of physical activity, sedentary behaviour and sleep”. The health benefits that come from heart pumping physical activity are reduced if children have poor sleep habits or spend too much time being sedentary e.g. sitting or reclining while watching screens. Parents and caregivers can set a great example as role models to inspire children to be active. The more children see you being active, the more likely they will be active as well.

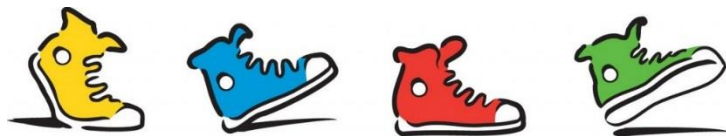
Spend less time being sedentary by limiting ‘screen time’ to **no more than 2 hours** per day

Here is a list some active activities that you can do together:

- Go for a walk together; explore your neighbourhood
- Play basketball, catch or soccer in your driveway or at the park (community centre)
- Dance to some up-beat music together
- Make a game out of picking up sticks or raking in your yard; it will help with seasonal yard work
- Walk, bike, rollerblade or skateboard to or from school together
- Play Get Up and Move Bingo

If you are looking for more activities to do with your children visit [Active For Life](#) (<https://activeforlife.com/activities/>) and [ParticipACTION](#)

For more information on the guidelines, visit the [Canadian Society of Exercise Physiology](#) (<https://csepguidelines.ca/>)



From your Public Health Staff

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