

Five steps to raising an active child

1. *Shut off the television.*

More than 60% of childhood obesity is related to children's time in front of the television. The average child watches 24 hours of television each week, and the rate of obesity rises for each hour of television watched each day. How much does your child watch?

2. *Get moving yourself.*

Children of parents who both exercise are about six times more likely to be active than kids whose parents are not active. Try family bike rides and walks around the neighborhood. Get a physician's OK before you start your exercise program.

3. *Promote PE in schools.*

Encourage your schools to add more physical activity to their days and to have good equipment for all the students. The more physical activity there is in schools, the more active and healthy the kids will be.

4. *Promote activity, not exercise.*

Make physical activity fun, not punishment. Just get kids moving with hide-and-seek, tag and hopscotch. Physical activity doesn't have to mean expensive classes—it could mean chasing a Frisbee at the park. It's the moving that counts.

5. *Start them young.*

Incorporate physical activity into your child's life at an early stage so that it becomes a habit. Play with your toddler to jump like a rabbit, stretch like a cat, fly like an eagle...



Source: Mayo Clinic. Provided by AHEC of the Plains.
For more information, please call (806) 291-0101.



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