

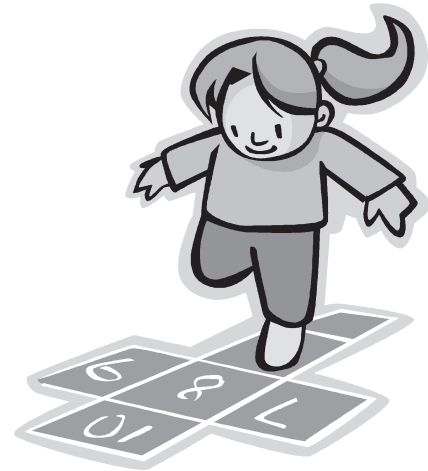
## How Active Are You?

We need to be active to stay healthy. Children need at least 60 minutes of physical activity each day. Moving more boosts your energy and helps you do better in school. Being active also helps you sleep better at night.

### Ask yourself:

- Do I play active games daily? (Video or computer games don't count!)
- Do I take part in physical activity each day such as basketball, soccer, tennis, Frisbee, bicycling or walking?
- How much time do I spend watching TV or playing computer games?

These questions will help you understand how active you are.



*If you don't do enough active things, here are some tips:*

- If the weather is nice, play outside every day!
- Offer to walk the dog and pick up the mail.
- Offer to work in the yard.
- Offer to wash the car.
- Play no more than 1 computer game a day, if any.
- Pick up the toys you played with!

Choose active games you enjoy. Always make the active time fun. Ask your parents to play with you; teach them new games. If you can't play outside, find fun things to do indoors.



# Parents' Corner

- Adults set the tone for active living in the family. Fit activity into your life! You don't need to spend extra money or get involved in sports.
- Walking is a simple, inexpensive way to increase activity for most everyone. You can be active just by taking the stairs, parking further away and avoiding drive-in windows.

- Let your children help with chores at home; it may take longer at first, but it will pay off later.
- They will learn responsibility and know they are important to the family.

- All children like to play, so don't take that away from them! Allow your child to do active play every day. Active play:

- Promotes cooperation and sharing. Children learn to get along with others and share.
- Helps children develop confidence and independence, as they learn to make choices and control their actions.
- Develops body skills: strength, flexibility, coordination, endurance.
- Promotes lifelong health!

Children can actively play indoors or outdoors. Cold weather offers great ways to have family fun.

## *Get moving INDOORS:*

- ★ Turn up the music and dance.
- ★ Act out a story: read a book together; move to give it action.

## *Get moving OUTSIDE:*

- ★ Walk in the zoo! See how animals look with their winter coats on.
- ★ Decorate a tree for the birds (you can use popcorn strings or pinecones rolled in peanut butter).

Always stay with your child, for safety's sake! Children don't have the experience to foresee danger. They may not have the body skills or the strength to move away from trouble. By supervising, you also have the fun of playing together – and you stay active, too!



*Resources: Nibbles for Health, Nutrition Newsletters for Parents of Young Children (#36, 37, 38), USDA, FNS*

In accordance with Federal Law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, nationality, origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Visit our Web site: [www.lsuagcenter.com](http://www.lsuagcenter.com)

*Made available by:*

Catrinel Stanciu, MS, Extension Associate, and  
Heli Roy, Ph.D., R.D., Associate Professor

December 2005

### **Louisiana State University Agricultural Center**

William R. Richardson, Chancellor

### **Louisiana Agricultural Experiment Station**

David J. Boethel, Vice Chancellor & Director

### **Louisiana Cooperative Extension Service**

Paul D. Coreil, Vice Chancellor and Director

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture.

The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

This material was partially funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact your parish agent.