



How to Help Your Child Get Active

There are a number of things you can do to help your child build physical activity into their daily routine. Canada's Physical Activity Guide for Children and Youth recommends that children and youth (ages 6-14) be active for 60-90 minutes a day.

The following tips can help you to get your child moving:

Choose activities that are fun

- Try playing at the playground, jumping rope or dribbling a basketball.
- Have your child pick an activity that they would like to try.

Replace 1½ hours of inactive time with 1½ hours of active time

- For example, replace time on the Internet, watching TV and playing video games with new activities such as soccer, kite flying or hiking.

Start slowly and build up

- Making an active lifestyle change takes a little time.
- You increase your child's confidence and chances of continuing to be active if your child starts slowly.
- Try a half hour of daily activity in the first month and then gradually build their activity level up to 60-90 minutes as recommended.
- Divide this time into 10-minute increments so that it doesn't seem so overwhelming. The idea is to accumulate the time throughout the day.

Try a variety of activities

- From unstructured play to organized sports, children and youth could never get bored trying all the physical activities that exist!

Support your child being active

- Praise your child for their efforts in choosing an active lifestyle.
- Promote non-competitive activities.
- Be familiar with school activities and encourage your child to join.
- Have each family member take turns choosing an activity that everyone will participate in.
- Safe enjoyable activities that increase fitness and skill development allow families to discover the pleasure of being active together.
- Physical activity strengthens family relationships and fosters a sense of community, so incorporate activities into family time.

Check out activities in your community

There are many fun and affordable activities in Niagara. Check out these websites for ideas:

- www.trekzone.ca
- www.ymcaofniagara.org
- www.yourniagara.com
- www.conservation-niagara.on.ca
- www.niagararegion.ca
- www.healthylivingniagara.com

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