

Today is Active Healthy Kids Day. This year's active health kids report card is startling. Here are some of the facts.

- Only 36% of 2-3 year-olds and 44% of 4-5 year-olds regularly engage in unorganized sport and physical activity each week.
- More than 90% of kids start watching TV before the age of two, with 27% of those aged 2-3 and 22% of those aged 4-5 watching more than 2 hours of TV per day.
- 8-11% of 2-5 year-olds are obese in Canada.
- Children who become obese before the age of 6 are likely (25% - 50%) to be obese as adults.
- Canadian youth are accumulating 6 hours of screen time on weekdays, and 7 hours on weekend days. That is 44 hours a week!

Obesity affects every part of our lives, from mental health to physical health to academic performance.

The problem is multifaceted, including government, industry, schools, communities, and families. What can parents do?



- Take the TV out of the bedroom and limit screen time. Turning off the TV and moving to the computer does nothing. Screen time includes TV, computer, TV and computer based video games, and hand held video games and devices.
- Have regular family meal times with healthy food and good conversation about the day.
- Create opportunities for physical activity for the kids and as a family.
- Walk, bike or take transit to school.
- Encourage participation in school sports at school or in the community.
- Buy healthy active toys for your kids.
- Check out your local community centre.
- If your child is in day care or after school care, tell them you expect your child to have active play opportunities and time to play outside. Supply the right clothing.

Life is so busy and it can be really difficult to get it all done. Our kids are worth the time and effort it takes to create a recipe for their success.

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