

An urgent call to action!

It is time to take action! A recent study on physical activity and healthy eating, conducted in Middlesex-London, reports that children and youth are not meeting the recommended requirements in order to achieve health benefits.

- Although 83% of children and youth say that they are active regularly, less than 40% are active enough for health benefits. They are not meeting the current recommended 60 minutes of moderate to vigorous physical activity each day.
- Only 30% of youth report eating enough fruit and vegetables to meet the daily requirements for health (Middlesex-London *in motion*TM 2009 Baseline Survey Weighted Analysis – 2010).
- Canadian youth spend 6 hours per weekday and more than 7 hours on the weekend days viewing screens (2010 Active Healthy Kids Report Card).



Don't just sit there!

Patterns of inactivity and unhealthy eating can lower life expectancy, and increase the risk of developing certain cancers and other chronic diseases.



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What will being active do for my family?

- Strengthen muscles and bones
- Help maintain a healthy weight
- Improve fitness and increase flexibility
- Strengthen the heart and lungs
- Improve self-esteem and help you meet new friends
- Improve sleep and relaxation

How you can get *in motion*TM?

To get *in motion*TM, visit: www.inmotion4life.ca and download:

- Healthy eating resources such as Eating Well with Canada's Food Guide
- Active living resources
- So much more...

For more information, visit inmotion4life.ca or contact 519-663-5317 ext 2220



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Taking action on children's health: a parent's role



Parents set the stage for the health and wellness of their children. Discover ways to promote healthy eating and appropriate activity levels for you and your children, setting your children up for a healthier future.



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Take the lead on your child's health

Parents are role models in their children's lives. Try easy ways to boost your children's health and fitness. By modeling healthy eating and an active lifestyle, you can give your children a great gift that will last them a lifetime: a healthier future.

Begin with healthy eating

The benefits of eating well are lessons for life. Eating well:

- Promotes healthy growth and development.
- Fuels your body with energy.
- Decreases the risk of chronic diseases, such as diabetes, cancer, obesity and heart disease.

Getting started is easy. Just follow Canada's Food Guide and get to know the four food groups, the right types of food and the right amounts of each. For details about the Canada Food Guide, visit: www.hc-sc.gc.ca and click on the Food & Nutrition links.

The Four Food Groups:

Grain Products



Meat and alternatives
(i.e. fish, legumes etc)



Vegetables and Fruit



Milk and alternatives
(i.e. yoghurt, cheese etc)



Tips to ensure healthy eating is part of every day

- Let your children see you enjoying healthy foods.
- Enjoy meals together as a family. Studies show when families eat together, they eat better, with less fried foods and sugary beverages.
- Balance each meal; include at least 3 of the food groups in all your meals and 2 food groups at snack time.
- A balanced meal includes smaller amounts of meat, more meat alternatives, and a greater portion of vegetables, fruit and whole grains.
- Pack safe and healthy lunches to take to work and school. A nutritious lunch keeps the body fueled and energized.
- Make water your beverage of choice. Milk, fortified soy beverages, and 100% Real Fruit juice are also healthy options. Avoid sugary drinks that have no nutritional value.

Tips to ensure physical activity is part of every day

- Reduce car time, screen time and time spent sitting in chairs.
- Play outside with your children.
- Make a family physical activity plan and stick to it.
- Build up activity levels to 60 minutes (or more) a day, and include both moderate and vigorous activities each day.
- Remove TV and computer screens from bedrooms.
- Use local parks and trails. Don't forget your safety gear.
- Choose stairs; avoid escalators and elevators as much as possible.
- Work in the garden or shovel snow together.
- Learn about local community programs that support healthy living.

Quick Tip:

Pause your screens to be active.

Have everyone in the family limit their time spent on computers, video games, handhelds, and TV. Balance screen time with active time.