

It's easy to get your children *in motion*TM !

Boost activity levels through F.I.T.T.



Frequency – Get everyone up and moving every day.

Intensity – Get your heart pumping!

Time – Start slowly. Build up to 60 minutes or more per day.

Type – Try running, brisk walks, dancing, and cycling to get your heart pumping. Include muscle and bone strengthening with jumping and climbing stairs.



Make healthy food choices every time

- Select healthy food choices for all meals and snacks throughout the day.
- Enjoy meals together. Studies show when families eat together, they eat healthier.
- Choose a variety of fruits and vegetables and follow Canada's Food Guide.
- For details about Canada's Food Guide, visit: www.hc-sc.gc.ca (click on the Food & Nutrition links)



Click off the screens

- Start by turning off the TVs, computers, video games and mobile phones.
- Get outside and play together daily – throw the ball, walk the dog, get out the bikes.
- Enjoy fresh air and get moving – the more time spent being active, the better.

*Abilities may vary given age and health status. It is important to talk to your doctor prior to beginning a new physical activity program.

Do it for life ... every day!

