



THE FOUNDATION OF HEALTHY BODY IMAGE: IT'S A' PARENT Get Moving!

Sedentary lifestyles are taking a toll.

- On average, children spend 4 hours every day watching TV.
- Taking computer time and video games into account, sedentary time jumps to 5-1/2 hours per day!

Exercise for kids must be fun, not another burdensome task to add to their over-scheduled lives.

- Involvement in sports is a great option for many children, but it is not for everyone.
- Even non-athletes can enjoy fun ways to move their bodies in order to be fit and strong.

It is important for children to respect and appreciate their entire body.

- Healthy bodies and happy people come in all sizes.
- Some people make judgments based on appearance. How a person looks is not an indication of the person they are.

Kids and adults who exercise and stay active are healthier and better able to do what they want to do, no matter what they weigh or how they look.

- Find a sport or an activity that you like and do it.
- Join a team, join a friend or practice by yourself
- just do it!
- Be active as a family - go for a walk together.