

# PHYSICAL ACTIVITY + CHILDREN

Instilling healthy habits into children at a young age has its range of benefits from healthy eating, good behaviour and of course, being active. A survey conducted in 2017-18 of children aged 5-14 years, found that 17% were overweight and nearly 8% obese\*. Whilst not alarming statistics, we do need to keep a close eye on this.

## Recommended guidelines

Children aged 5-12 years are recommended to do 60 minutes of moderate to intense physical activity per day. It might seem like a bit but if you include activities at school, sports, and general play, you can reach this guideline. Also recommended is to limit screen time to no more than 2 hours/day and to try avoiding sitting for long periods.

## Benefits

The benefits to being physically for active for children include:

- Cardiovascular health
- Musculoskeletal health
- Fitness
- Mental health + wellbeing
- Social
- Healthy body composition

For more information, contact SMG Health

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## How to reach that activity goal

- Walk to and from school if you can
- Enroll children in their favourite sports/activities
- Encourage outdoor play
- Have activity-based playdates with friends (park, bike riding etc)
- Exercise as a family
- Reward children with a visit to the park or bike track rather than with screens or sweets
- Get them involved in active chores such as washing the car, walking the dog or gardening
- Limit all screens and discuss the boundaries with the children
- Reduce time sitting down and be active where they can
- Explain the benefits of being active