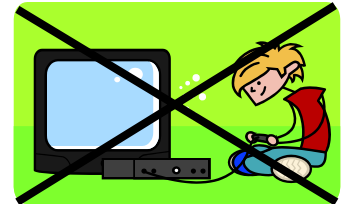


## Do MORE Watch LESS Challenge

April 23 – 29, 2007



### Did you know:

- More than half of Canadian children are watching 2-4 hours of television daily, and approximately one-third are spending 2 or more hours in front of the computer.
- Less than half of children meet the minimum daily physical activity requirements to support basic healthy growth and development.

**From April 23 - 29 take the Challenge to do MORE physical activity and spend LESS time in front of television, computer and video game screens.**

- ☆ Parents challenge your family.
- ☆ Teachers challenge your students.
- ☆ Students challenge your friends and family.

★ **Together we can support each other to Do MORE and Watch LESS.**

### 2 ways to take the challenge

1. **Reduce and Replace:** Reduce screen-time to 1 hour or less per day and replace your normal screen-time with activities that keep you moving.
2. **Go screen-free:** Take the challenge to the next level and try to completely eliminate screen-time for the week. Replace the screen-time with physical activities, reading, hobbies or spending quality time visiting with family and friends.  
(Please note: Computer time required for homework is an exception)

★ Go to [www.in-motion.ca/resources](http://www.in-motion.ca/resources) for tools and tips to help you take the challenge.

### Submit your stories and/or digital pictures or drawings to WIN in motion prizes.

- ◆ Tell us or show us what you did to reduce screen-time and stay “in motion”.
- ◆ How did you and your family spend your screen-free time during the challenge week?
- ◆ What was the best part about taking the challenge?
- ◆ What did you learn about your screen-time habits?
- ◆ What was the hardest part of the challenge? How did you overcome the challenges?

Submit stories along with name, address and phone number by May 4, 2007:

E-mail: [inmotion@saskatoonhealthregion.ca](mailto:inmotion@saskatoonhealthregion.ca)

Fax: 655-8128

Mail: **in motion** 701 Queen Street. Saskatoon, SK S7K 0M7

\*\* By participating in this event, permission is given to use your story and/or images in promotional matters.\*\*

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## Do MORE Watch LESS Challenge

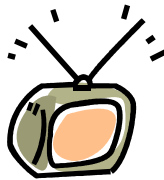
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### Numbers to note:

- ◆ The Canadian Paediatric Society recommends children spend less than 2 hours per day on screen time.
- ◆ Canada's Physical Activity Guide recommends that inactive children begin by increasing physical activity to 30 minutes per day while decreasing screen-time by at least 30 minutes. Over time, children should strive to accumulate at least 90 minutes of physical activity per day.

### TIPS to Help Families Do MORE Watch LESS

**Budget:** Let children choose how they use a budget of one to two hours per day to spend on TV, video games or fun time on the computer. Make sure all family members stick to their budget.



**Develop an after-school plan:** Screen-based activities are the number one after-school activity. Create a list of activities your kids enjoy doing that will get them up, moving and away from the television and computer screens.

**At meal time turn it off:** Make a no TV policy during family meals and make meals a time to discuss what's going on in each others lives.

**Keep it real:** Eliminating screen-time from our lives is unrealistic but try designate one or two screen-free evenings each week and use the time for a planned family physical activity like a family walk, swim or bike ride.

**Practice the 3 R's:** **Reduce** screen time to less than 2 hours per day, but remember even less is better. **Replace** it with healthy activities that will benefit you and your family like being physically active, reading a book or taking up hobbies you enjoy. **Reward** and celebrate your success as you have created a more active lifestyle.

Visit the *in motion* website for tools and tips to help you and your family reduce screen-time.

## Eating and TV– What does it mean?

For many families mealtimes are combined with watching TV. Almost 18% of girls and 25% of boys eat while watching TV. Researchers at Tufts University in Boston studied families with the TV on during 2 or more meals each day.



Here's what they found:

- Quick foods were used more often for family suppers spent watching TV
- Children ate more pizza, salty snacks and soda
- Children ate less grains, fruit and green and yellow vegetables, potatoes, beans and nuts
- Children ate less cheese, yogurt, and ice cream
- Children had higher caffeine intakes

This study suggests TV changes how we eat. Not only do TV commercials influence our food choices but we prepare different foods to eat in front of the TV.

Let's work towards healthier food choices with or without TV. Keep fruit and vegetables washed, cut and ready to eat. Have whole grain crackers, individual yogourts, puddings and cheese handy. Milk, 100% fruit juice or water are great beverages for meals and snacks.

Turning the TV off during meals allows for family discussions and a chance to share the day's activities. Plan to eat together as a family and you might be surprised to find you all eat better!

Val Irvine - SHR Public Health Nutritionist