



## 5 Active Alternatives to Screen Time

While exercise should be a part of everyone's daily routine, research shows physical activity drops when kids hit the teenage years. A busy schedule doesn't always translate into an active lifestyle. Help your children be active and stay fit. (And consider adopting these ideas yourself!)

### ***Stop texting.***

Walk and talk with friends in person instead. (Or, if you really can't be there, use a cordless or cell phone and walk and talk at the same time.)

### ***Turn off the TV.***

Play tennis, go in-line skating, hiking or dancing.

### ***Turn off the computer.***

Sign up for a community summer sports team.

### ***Volunteer for community service.***

For example at a community garden, home-building project, community clean-up or summer camp.

### ***Baby-sit.***

Take the kids to the park or on a bike ride.

Being active now also helps reduce their risk of chronic health problems later in life. Encourage your children to engage in at least 60 minutes of physical activity daily.

Source: Academy of Nutrition and Dietetics; [www.eatright.org/resource/fitness/exercise/family-activities](http://www.eatright.org/resource/fitness/exercise/family-activities)

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