

STAYING ACTIVE AND SCREEN TIME



- ✓ Staying active as a family is fun, easy, and free.
- ✓ Your children are more likely to be active if you are active, too.
- ✓ Children should be physically active for 1 hour or more a day.
- ✓ Children can be more active when screen time is limited to less than 2 hours a day.
- ✓ Taking the TV and other screens out of the bedroom limits screen time.

Eating a Rainbow

Ingredients:

- 1 small bag of baby spinach
- 1 red pepper
- 1 yellow squash
- 1 small bag shredded carrots
- 1 bag red/purple grapes
- 1 small container of blueberries
- low fat Italian salad dressing

Directions:

Encourage children to help wash the fruits and vegetables. Chop the red pepper and yellow squash. Cut the grapes in half. Make a rainbow of colors on their plate. Serve with salad dressing if desired.



Talk Together:

- Help your child **communicate** by:
 - ✓ Using words to express thoughts and ideas.

Examples:

- *I'm going to try all the colors! Which colors would you like to put on your plate? How could I help you?*
- *I wasn't sure if I liked carrots this way but they are crunchy and sweet. What do you think?*

Nutrition Facts

6 servings per container	
Serving size	1 cup(217g)
Amount per serving	
Calories	110
	<small>% Daily Value*</small>
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 2mg	10%
Potassium 301mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Fun with Movement!

Use a beach ball for this fun indoor or outdoor game!

- On each colored section of the ball, write an action word. Some ideas are: *Spin, Hop, Wiggle, Touch your toes, or Reach for the sky.*
- Roll or throw the ball to a child. When the child catches the ball, ask what color is closest to their body.
- Everyone does the action written on that color five times or more.
- Take turns throwing the ball to others.

Actividad física y tiempo enfrente de las pantallas



- Mantenerse activo en familia es divertido, fácil y gratis.
- Los niños deben estar físicamente activos durante 1 hora o más al día.
- Cuando usted está físicamente activo, es más probable que sus hijos quieran estar más activos también.
- Los niños pueden estar más activos cuando el tiempo de pantalla se limita a menos de 2 horas al día.
- Sacar la televisión y otras pantallas de la recámara puede ayudar a limitar el tiempo en pantalla.

Comiendo el arco iris

Ingredientes:

- 1 bolsa de espinaca (baby spinach)
- 1 pimiento rojo
- 1 calabaza amarilla
- 1 bolsa pequeña de zanahorias ralladas
- 1 bolsa de uvas rojas/moradas
- 1 cajita de arándanos
- Aderezo para ensalada italiano bajo en grasa

Instrucciones:

Anime a sus niños a lavar todas las frutas y verduras. Pique el pimiento rojo y la calabaza amarilla. Corte las uvas a la mitad. Haga un arcoíris de colores en su plato. Sirva con aderezo para ensalada si lo desea.



Converse con sus hijos:

- Ayude a su hijo a aprender **habilidades del lenguaje** de la siguiente manera:
 - ✓ Expresarse con palabras
 - ✓ Compartir sus pensamientos e ideas
- *¡Voy a probar todos los colores! ¿Qué colores te gustaría poner en tu plato? ¿Te gustaría hacerlo tú o te gustaría que te ayude?*
- *No estaba seguro si me gustaban las zanahorias de esta manera, pero son crujientes y dulces. ¿Qué piensas tú?*

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¡Diversión con movimiento!

¡Use una pelota de playa para este divertido juego que se puede hacer dentro y fuera de casa!

- Escriba una acción en cada sección/color de la pelota. Algunas ideas son: Girar, saltar, menearse, tocarse los dedos de los pies o alcanzar el cielo.
- Ruede o lance la pelota a su niño. Cuando el niño atrape la pelota, pregúntele qué color está frente a él/ella.
- Todos los demás hacen la acción escrita en ese color cinco o más veces.
- Tomen turnos lanzándose la pelota.

ADULTS



What's your move?

You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

Is it moderate or vigorous? Use the “talk test” to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner

