

The Five-Point Plan

Be Active

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"Force yourself to walk. It probably won't take any extra time, but it sure would be beneficial."

*– Dr. Frank Meza
Kaiser Permanente, Family Medicine*



Choosing to be active is just as important as choosing healthy foods. Many good things happen when you choose to exercise for 20 minutes, several times a week, so make it a habit and get a friend to join you.

When you feel tired or unmotivated, exercise will increase your energy. Regular exercise can help with problems such as high blood sugar, high blood pressure and many other conditions. As a bonus, it will also help you control your weight.

If you have kids or know kids who need to exercise, then have them join you. Exercise is extremely important for kids. Not only does it help control weight, it builds self-esteem and improves schoolwork.

How to Start

- Check with your doctor on what exercise is good for you and your medical history (diabetes, heart conditions, etc.)
- Start slowly
- Write down a routine you will enjoy
(see "Sample Exercise Journal" on page 43)

Little Exercises Add Up

Little things you can do to be healthier each day:

- Take the stairs instead of elevators and escalators
- Park farther away in parking lots
- Walk around the park or neighborhood with a partner
- Organize a neighborhood walking team
- Take an exercise or dance class at a community center or community college



Sample Exercise Journal

Day	Activities	Total Minutes
Monday	Treadmill (30 min.) Walk to bus stop, climb stairs	60
Tuesday	Lunchtime walk Play ball with children	60
Wednesday	Bicycle (30 min.) Walk to bus stop, climb stairs	60
Thursday	Yoga class	90
Friday	Treadmill (30 min.) Walk to bus stop, climb stairs	60
Saturday	Gardening or house cleaning Dancing	60
Sunday	Walk with neighbor	60



HEALTH, TELEVISION & VIDEO GAMES

Earlier in this reference guide, we talked about limiting television time as a part of good eating and exercise habits. This is especially important for developing good habits in children.

Being a parent is hard work and it may be tempting to let our kids watch television or play on the computer – but it can be harmful if we don't limit and review what they play (or watch). If others help take care of your kids, make sure they know your rules and limits – the television and computer are not a substitute for a baby-sitter.

Remember that less means more for your child: Did you know that children who watch more than 10 hours of television per week don't do as well in school AND are less healthy than their classmates? Like healthy eating and exercise, balance is important with television.

Keep track of how much time your kids spend on computers for games and entertainment. If there is more time in front of electronic screens – television, computers, movie screens – than spent on exercising OR schoolwork, then you may want to create stricter rules for your child. Remember, the sooner you limit and review what your children play or watch, the healthier they will be as they become adults.

Four Ways Television & Computers Can Be Bad for Kids

1. Kids who spend too much time at the computer or in front of the television can develop permanent bad habits such as not eating well, not exercising and poor posture
2. Research shows that children usually play video games alone, and too much time alone can create self-esteem issues that affect health, school and friendships
3. Too much time at the computer or in front of the television means kids are missing out on critical time for physical, social, intellectual, and emotional development
4. Research has also proven that games with violence and aggression make children more prone to aggressive and violent behavior

Some television and computer games are good, but it's important for you to review them before your kids watch or play them. Try to find games that you can play with your child. The best games for children are those that give them a chance to practice logic skills and problem solving.

Electronic games can increase hand-eye coordination skills and create an interest in technology.

