



# Family Checklist

Stay on track and follow these helpful tips to stay healthy and active all year!



**Limit**  
screen time to  
two hours a day.

73% of Canadian parents report that their 5-19 year olds watch TV, play video games and use a computer after school.



**TIPS:**

- Read a book.
- Play a board game.
- Make a craft.
- Go outside.



**Reduce**  
sugar-sweetened  
drinks.

Drinking large amounts of juice and pop can contribute to too much sugar in your diet.



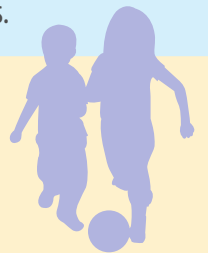
**TIPS:**

- Drink plenty of water, 8 glasses a day is recommended. Add lemon for flavour.
- Try low fat milk (skim, 1% M.F. or 2% M.F.)
- Choose 100% fruit juice rather than punches and cocktails.



**Play**  
actively at least  
one hour each day.

Children who spend more time outdoors tend to have higher levels of physical activity. Only 37% parents say they play actively with their children on a regular basis.



**TIPS:**

- Make time for outdoor play as a family.
- Walk or bike to school.
- Explore the over 90 km of trails in Ajax on foot or by bike.
- Play games with friends – tag, soccer, hopscotch or skip.



**Eat**  
six fruits &  
veggies a day.

Eating fruits and veggies benefits kids in many ways including improved nutrition, decreased obesity risk and better school performance.



**TIPS:**

- Eat at least one dark green and one orange veggie each day.
- Choose veggies and fruits prepared with little or no added fat, sugar or salt.
- Have veggies and fruit more often than juice.

Stats provided by the Ministry of Health and Long-Term Care.

Instagram and Tweet your Healthy Kids Ajax photos!



Share your family being active using #HealthyKidsAjax  
For the latest details about Healthy Kids Ajax news and updates visit [healthykidsajax.ca](http://healthykidsajax.ca)

