



Turn the Screen Off and Be Active!

Did you know?

The average child spends over four hours a day watching television. Children spend even more time using electronics.

Help your child watch less and move more!

Try to limit screen time. Provide other options. Replace television and other electronic time with a new hobby, playing outside or family time.

- Reward your children with active time together. Go for a walk, play a game, or learn to cook!
- Create “screen-free” bedrooms. Your children will be able to sleep better without a television, computer, or video games in the bedroom.
- Set a good example. When you spend more time being active your children will do the same.

Can't Go Outside?

When it is raining or too dark outside, you and your child may not be able to play outdoors. Below are some ideas for bringing physical activity indoors.

- Turn on your favorite music and have a dance party!
- Have your child help with chores. Some examples include: vacuuming, cleaning their room, and putting away groceries.
- Play a game of “Simon Says.”
- Make time spent watching television more active. See who can do the most sit-ups and pushups during commercials.

Take Action! Get Moving Together:

- Try to add an extra 10 minutes of physical activity with your child each day!
- Invite neighbors and friends to join you for a game of tag or kickball.
- Take an extra trip up and down your stairs to get your legs moving.
- Visit the local community center for activities and team games.



Recipe

Ice Cream in a Bag

Servings: 1

Ingredients:

- ½ cup 2% reduced-fat milk
- 1 Tablespoon sugar
- ¼ teaspoon vanilla extract
- 1 quart sized freezer bag
- 1 gallon sized freezer bag
- 2 Tablespoons table or rock salt
- ½ cup crushed ice

Directions:

1. Take 1 quart-sized freezer bag.
2. Add 2% reduced-fat milk, sugar and vanilla extract to the quart-sized freezer bag.
3. Seal your quart-sized freezer bag.
4. Take the gallon sized freezer bag and add ice and salt to the freezer bag.
5. Place the quart-sized bag inside a gallon-sized freezer bag.
6. Seal the gallon-sized bag.
7. Shake for 5 minutes or until the milk turns to ice cream and ENJOY!



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