

up & about

Why kids shouldn't veg out and how
to get them up and about



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Healthy kids get up & about, they don't veg out. Remember, kids' bodies are designed to be active and moving around will help them burn all that energy. Here are some suggestions on how to make yours an up & about house:

1. '2 hours max'

You may find it useful to set a limit on how long your children can sit in front of the TV, computer or video game. Some families have found saying '2 hours max' of screen time helps them to make sure kids move, play or go outside after they've been sitting still for a while.

2. Feet first

Sitting in the car or on the bus uses little energy. If it's a short hop think about walking or cycling with the kids instead. It's more fun and you can save money too.

3. After school

Parents tend to overestimate how much energy kids use at school. Remember, they're actually sitting down most of the time. The best way for them to unwind after school is for them to be up and active rather than sitting down, vegging out.

4. Get up after eating

Don't let them flop for a long time after meals. Just being up and about burns off excess calories so encourage them to have fun and get up and about instead.

5. Family time

Families who play together have more fun. Kids love nothing more than getting mum and dad involved in their games, so find time to do things together after school and make either Saturday or Sunday an active day where you visit a park or pool, or go on a walk.

Kids under 5 need lots of time to take part in active play. Providing lots of chances for kids to explore and play, both inside and out of the home, for short spells every day, is really important to their healthy development.