Lifestyle Guidelines

- Limit time devoted to media use (including television/videos/video games/computer use) to no more than 1-2 hours per day.
  - Try not to use the remote control while watching television.
  - Get up and move around during television commercials.

- Discourage children younger than 2 years from watching television.

- No TV/VCRs/or video games in children’s bedrooms.
  - This is associated with an increased risk of being overweight.

- Encourage play time.
  - Toddlers and preschoolers should participate in at least 30 to 60 minutes per day of structured play.
  - At least 60 minutes per day should be dedicated to unstructured physical activity.
  - Children should not lie down for more than 60 minutes at a time except when sleeping.

- Make physical activity a part of your daily routine.
  - Walk or ride a bike to school.
  - Play outdoors, in the gym, or on the playground 30 minutes before homework every day.
  - Walk with friends instead of talking to them on the phone.

- Get 1 hour of exercise during the day.
  - Both children and adults should be active for 1 hour every day. This exercise can occur throughout the day.
  - Purchase a pedometer and aim to walk 10,000 steps a day.

- Consider participating in organized sports or physical activities.
  - Get involved in team sports or marching band at school.
  - Take classes in activities you enjoy such as dance, martial arts, swimming, or tennis, or buy an aerobics tape and exercise at home.

- Encourage your family to exercise together. Parents can be role models!
  - Take walks together.
  - Go on a family bike ride.
  - Plan trips to the zoo, museum, or library; or plan house or yard projects.

- Variety in exercise helps to avoid boredom.
  - Take into account different times of day and weather conditions.

Sources: