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## Lifestyle Guidelines

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- 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.

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### Sources:

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