

The lowdown on the slowdown!

Less Active in the Summer

At the PCWH we find families list cold weather as a major barrier to activity during the winter; however a decrease in activity is actually seen during the warm summer months.

Why is this?

- Less structure in daily routines such as walking to and from school
- Decrease in after school activities
- No gym time or active recess
- Increase in screen time: unlimited computers, TV, video games
- Home alone

Why is activity important?

Research shows that when children & teens increase their physical activity they decrease their chance of developing many diseases, such as heart disease & diabetes, and they are healthier and happier.

At least 60 minutes per day can help kids:

- Build a healthy heart & lungs
- Build strong muscles & bones
- Do better in school
- Have fun playing with friends
- Feel happier
- Improve self-confidence
- Learn new skills
- Maintain a healthy body weight

Getting 60 minutes of activity may seem hard, but it's not! Remember your activity can be added up throughout the day in bouts of 10 minutes. It is easier to reach 60 minutes if you include activity from these 3 areas:

- Activities of Daily Living
- Play and Recreation
- Exercise and Sports

2011 Canadian Physical Activity Guidelines

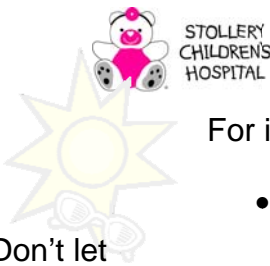
Children and teens should get **at least** 60 minutes of moderate-vigorous intensity activity per day. **Every day**. The activity should be;

- Vigorous intensity activity 3 days a week
- Activities that strengthen muscles and bones 3 days a week

NEW! Canadian Sedentary Behavior Guidelines NEW!

Children and teens should spend less time being sedentary each day. Lower levels are associated with more health benefits. This may be achieved by

- Limiting recreational screen time to no more than 2 hours per day



Summer Fun Tips

No school time means more home time. Don't let this be the reason to sit around all day, get active! Start planning today! Here are some tips to help you stay active.

Don't Become a Couch Potato

Balance screen time with fun time. Put household time limits on T.V and video games. High screen time leads to more snacking and less activity.

Investigate Summer Camps

Camps are a fun way to:

- Get out of the house
- Learn new skills: Leadership, teamwork
- Meet new people and friends
- Decrease mindless eating and snacking

Be Active Your Way

Think all camps are sport camps? Check the cool choices the City of Edmonton has to offer in addition to sports camps:

- Zoo camps
- Nature camps
- Art camps
- Science camps
- Drama camps
- Museum camps
- A variety of River Valley camps

For information on summer day camps go to

- www.edmonton.ca/attractions_recreation/sport_recreation/summer-daycamps.aspx
- www.edmonton.ymca.ca
- Check out the PCWH Edmonton General *Sweet Summer Days* camp

Try Volunteering

The Leaders in Training Program run by the City of Edmonton offers volunteer experience for youth at camps and programs around the city. This is a great way for teens to:

- Develop leadership skills
- Give back to the community
- Gain experience for your resume

Need something to do for one day? Check out the City of Edmonton drop in programs. **Best part? They are free!**

- www.edmonton.ca/attractions_recreation/sport_recreation/drop-in-activities.aspx

Keep the Whole Family Involved! Set up Family Activity Challenges

- Who can get the most steps on their pedometer?
- Have a family activity night
- Set a family goal of trying a new activity each week, have each family member pick an activity

Role modeling is a great way to help get your kids active. Ask them to join you for a walk or bike ride. Display a positive attitude around activity and your kids will be more likely to join in.

Plan for Success

Make a list of all the fun activities you could do by yourself or as a family. Try and include ideas from all three areas. This will help give you activity ideas for the week.

Play and Recreation

- Play catch, toss a Frisbee, fly a kite, kick a ball
- Go to the park, the pool or the Rec Centre
- Run through the sprinkler

Sports and Exercise

- Go for a family fitness walk every night
- Join a team, swing a racket, climb a wall

Activities of Daily Living

- Think “Active Transportation”: walk, ride, scooter, skateboard, rollerblade
- Biking to your scheduled activity is a great way to warm up for a sports event
- Help out around the house; wash the car, cut the grass, plant a garden

Challenge Yourself! Set individual goals

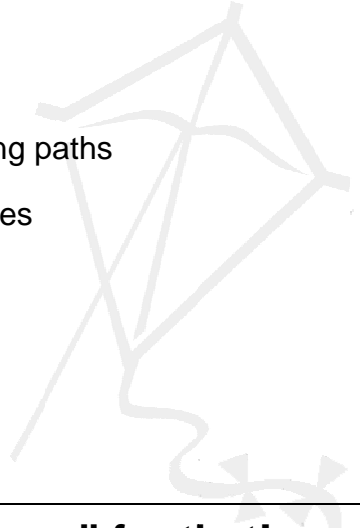
Make sure you have activity ideas that can be done by yourself. There will times when you will not have friends or family members to be active with. Don't make that the reason to sit on the couch. There are many fun options you can try!

- Work on improving the time it takes you to bike to a destination
- Set a daily step goal
- Make an active choice EVERYDAY!

Get Active Outdoors

The natural environment provides plenty of opportunities to be active. Remember not all activity has to be planned sports and exercise. The warm weather is only here for a short time, enjoy it!

Make use of your community, as well as resources the city offers. Try some of these:

- Outdoor pools
 - The River Valley
 - Walking and biking paths
 - Recreation Centres
 - Try rollerblading
 - Play in the yard
 - Go for bike rides
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There's an “app” for that!

Check out the community walking iPhone app for only \$1.99. You get 11 maps of 46 neighbourhoods. Search “Edmonton walking maps” to buy. Use this app to set a family goal to explore a few new neighbourhoods this summer.

Rainy Day? No Problem!

Always have a backup plan for bad weather. Prepare a list of activity ideas that can be done indoors.

- Check out drop in camps at community centres or fitness facilities in your area
- Play Wii Fit/Sport, DDR, Kinect® or other active video games
- Get a day pass at your local recreation centre

Importance of Sleep

Research at the Children's Hospital of Eastern Ontario (CHEO) found that not getting enough sleep may play a big role in weight gain. The less time a person sleeps, the more tired we are: the less likely we are to make active healthy choices

Lack of sleep messes with the hormones involved in appetite control. Lack of sleep;

- Produces less **leptin**, which helps our brain recognize when we are full.
- Increases **ghrelin**, which stimulates our appetite, causing us to eat more.

To help manage weight gain children should get 10-11 hours of sleep a night.

Sleep Tips

Developing better sleep habits during childhood will hopefully carry over into adulthood.

- Set regular bedtimes every day, even during the summer.
- **Keep electronics out of the bedroom!** When we are plugged into TV's, video games, computers, iPod's and cell phones we can come up with a hundred things to do besides sleep.

Vacations

Planning a family Vacation? Make activity part of your family's travel plan.

- Explore your destination by active transportation
- Pack your car with balls, bikes, & toys
- Pick a hotel with a pool
- Don't just sit around: plan active family activities to try
- Get a guide book and pick out activities, such as trails or hikes to try out together

Financial Support

There are programs available to help low -income families' use leisure, sport, and recreation centers as well as give discounts on programs and camps.

- **Leisure Access Program** up to 75% off the fee for programs and camps. www.edmonton.ca/lap
- **YMCA Opportunity Fund** of Edmonton provides discounted services. www.edmonton.ymca.ca

Check out the ***Priceless Fun Guide*** for Edmonton

- www.edmonton.ca and search for priceless fun spring/summer 2011. Copies available at PCWH
- This provides you with free activity ideas in the city
- List of all parks and recreation facilities

Patterns, or habits of low levels of physical activity and high level of sedentary activity are established in childhood. These habits only get worse as we get older.

Let's work to keep kids playing outside, exercising and participating in sports to keep them healthy for life.

Healthy family habits, including reduced screen time, daily physical activity, and a lot of healthy role modeling, can set kids on the path to physical activity for life!