



# SHOP SMART EAT WELL

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...a quarterly bulletin from the UC CalFresh Nutrition Education Program

## Active Family Time

**P**hysical activity is one of the most important parts of living a healthy life for adults and children. It helps us have healthy bones, get better sleep, have a healthy weight, and have better control of blood sugar and blood pressure.

### How can you raise an active child?

- Make active play fun for the whole family. Let your child help plan the activity.
- Focus on fun, not performance. Children are winners if they move, have fun and are active daily.
- Set limits on TV and computer time. Limit TV and other screen time to less than two hours a day. Try reading during inactive time rather than watching TV.
- Be active! You influence your child's behavior, attitudes, and future habits.

**Any amount of physical activity has some health benefits**



### How much physical activity is recommended?

The recently updated *Physical Activity Guidelines for Americans* provides science-based guidance to help people ages three years and older improve their health through participation in regular physical activity.

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# Physical Activity Guidelines for Americans

Key points include:

- ♦ Pre-school-aged children should be active throughout the day to enhance growth and development.
- ♦ Youth ages 6 through 17 need at least 60 minutes of moderate-to-vigorous activity to attain the most health benefits from physical activity.
- ♦ Adults need at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking, each week.
- ♦ Move more and sit less.



Being active as a family has even more benefits. It shows children that being active can be fun and gives families an opportunity to be together. Even planning activities together can be fun!

*Keep these snack bags on hand for a quick nutritious pick-me-up!*

## Grab 'N Go Snack

Serves: 1

### Ingredients

- ¼ cup whole grain cereal squares
- 6 mini pretzels
- 4 dried apricots
- 1 tablespoon pepitas (pumpkin seeds)
- 1 tablespoon dried peas

### Directions

1. Place all ingredients in a snack-size plastic bag.
2. Seal for later or enjoy now!
3. Option: Substitute your favorite dried fruit and seeds.

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