

Promotion of Healthy Weights in the Early Years



Michelle Cundari

Physical Activity Promoter
North Bay Parry Sound District
Health Unit

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My Body Lies Over the Sofa

*My body lies over the sofa
My body watches too much TV
My body lies over the sofa
Oh bring back my body to me*

*Bring back, Bring back
Oh bring back my body to me, to me.*

*Bring back, Bring back
Oh bring back my body to me.*

Have a Ball... with a Ball!



Canada's Physical Activity Guide for Children and Youth

The Children & Youth Guides recommend a minimum of 90 minutes per day:

30 minutes of vigorous activity
+
60 minutes of moderate activity



How much physical activity do preschoolers need?

60 MINUTES*

Structured Activities

Supervised activities that you plan and lead.

- Parent & tot swimming
- Skating
- Gymnastics



60 MINUTES*

Unstructured Activities

Supervised activities led by your child as he explores his surroundings, either alone, with you or with other children.

- Running
- Building forts
- Climbing on play structures

Daily total = 2 hours

* Remember, she does not have to do this all at once. Each ten minute period of being active counts.

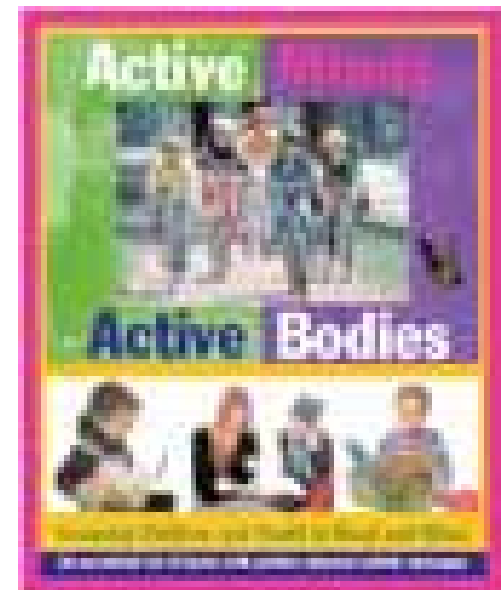
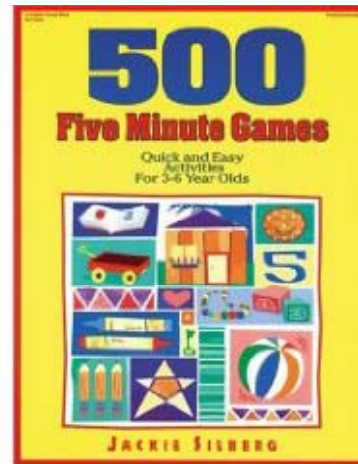
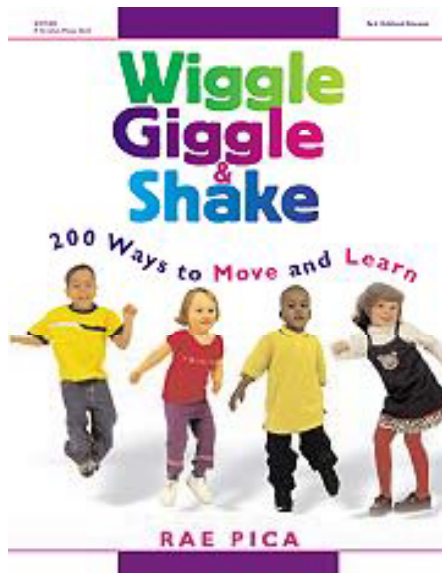
Source: *Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years*. National Association for Sport and Physical Education, 2002.

... about the relevance of physical activity

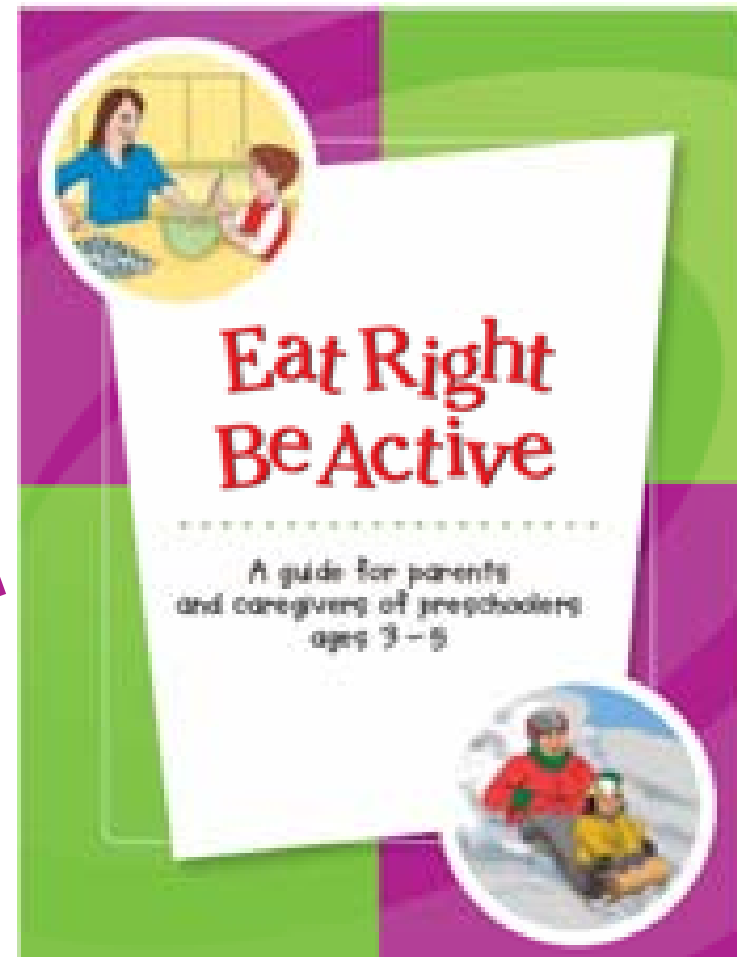
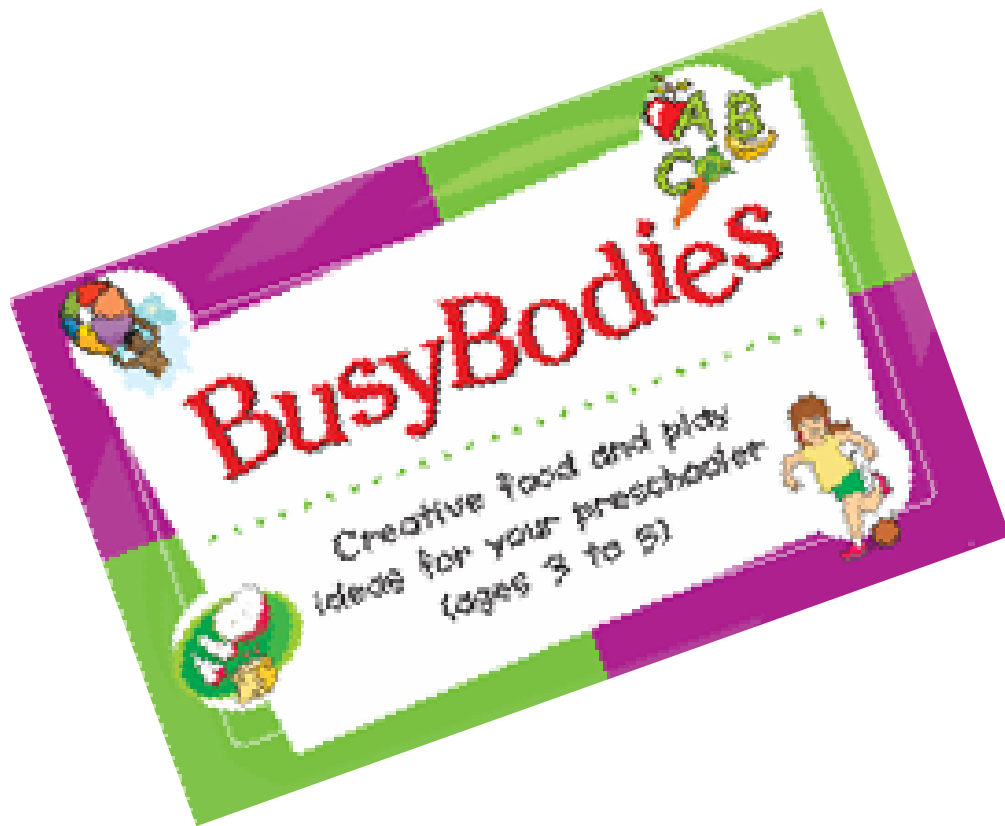
- Movement is an important part of a child's development
- Activity satisfies a child's curiosity of movement
- Self esteem
- Encourage interaction
- Positive experiences carry over

Resources

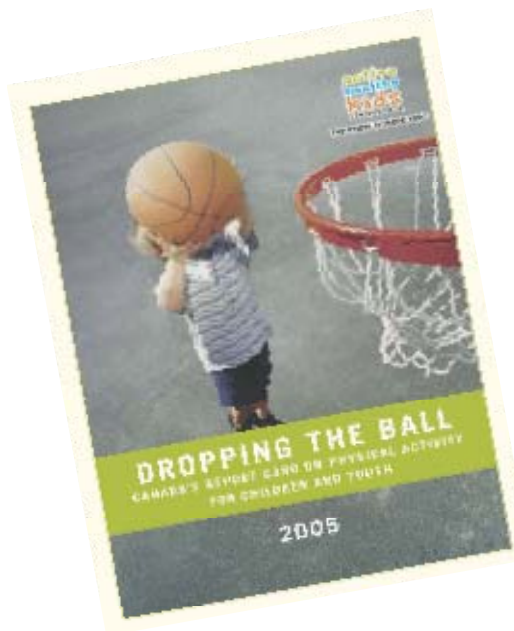
for Physical Activity and the Early Years



Nutrition Resource Centre



Report Card on Physical Activity for Children and Youth



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• Insufficient appropriate physical activity opportunities and programs are available to the majority of Canadian children and youth.

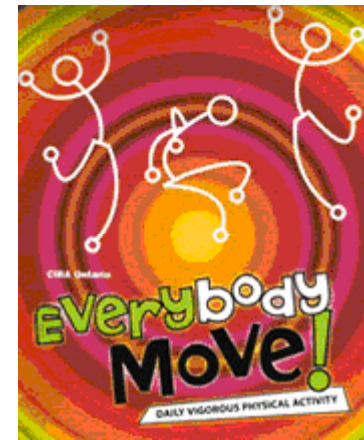
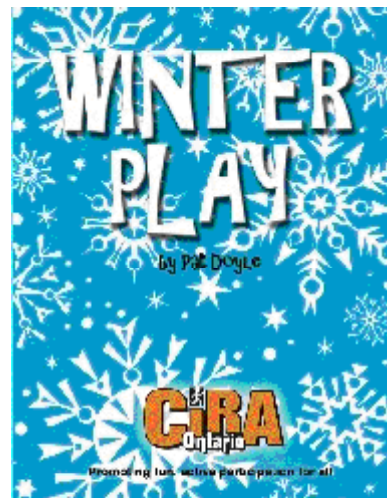
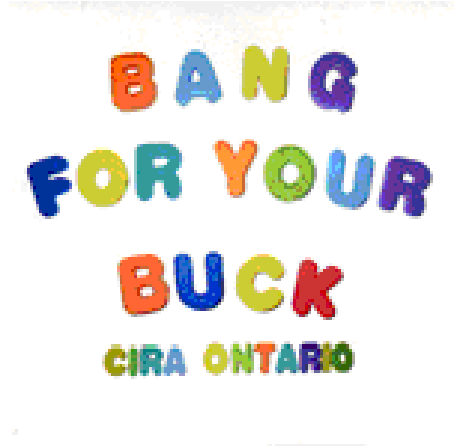
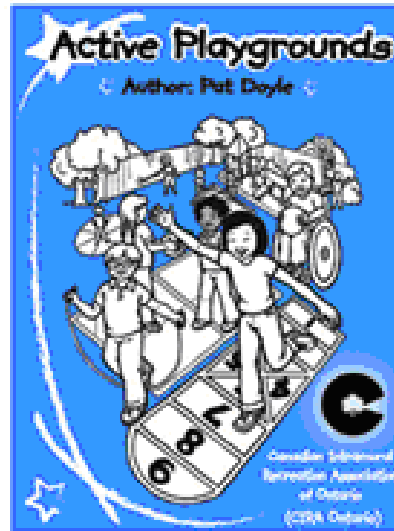
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www.cartoonink.com

SO WHAT IS IT,
SOME KIND OF
REALITY SHOW?



PARTICIPACTION
MAKING A COMEBACK!

CIRA Ontario



Great Ideas

- Active Ideas at Your Fingertips
- Program Examples
- Active Events
- Make Physical Activity a Slam Dunk! Ideas to help keep the physical in your activities

Key Messages to Share

- Boost the fun factor
- Encourage many different activities for both boys and girls
- Be a role model
- Mix it up
- Stay Active in all kinds of weather

“Ironically the childhood obesity epidemic has coincided with a dramatic increase in children’s organized sport. This does not mean that organized sports contribute to obesity, but that an over-scheduled, over-organized childhood may”

R. Louv. Last Child in the Woods. (p.16) 2005

“Recreation has gone from spontaneous to organized and regimented activity: parents exercise at the gym while the young play soccer and hockey in leagues with schedules rather than in the backyard or the street in front. More time is often spent preparing for and getting there rather than on the activity itself.”

Friedman. Room For Thought. 2005

Thank you!

Michelle Cundari
Physical Activity Promoter
michelle@nbdhu.on.ca
474-1400 ext. 2373

