



THE FAMILY CONNECTION UNIT 12 – HEALTHY LIFESTYLES: PHYSICAL ACTIVITY

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

How physical activity keeps us healthy.

Here are things you can do at home:

- Be a positive role model for your family; live a healthy lifestyle.
- Establish a regular schedule for physical activity — children should have 60 minutes of exercise every day.
- Remember to a young child, exercise is the same as play. Keep it fun!
- Limit watching TV, computer or video games to 2 hours a day.
- Play outdoors; it leads to meeting other children and making friends.

