Less TV, More Zzz’s

A recent study from the University of Alberta found that limiting the availability of computers, video games, and mobile phones in children’s bedrooms and discouraging their nighttime use is an effective strategy to promote sleep and reduce childhood obesity. Engaging in “screen-free” family activities at bedtime can help establish life-long healthy routines that have a huge positive impact on a child’s health.

Screen time (More than 2 hours) + Decreased sleep = Sleepy child + Obesity risk

Family activity + Increased sleep = Happy, healthy child!

Summertime is Outdoor Playtime

An hour of exercise a day is the best for your child

What can he or she do?
• Aerobic exercise (ex: Running)
• Muscle strengthening (ex: Push-ups)
• Bone strengthening (ex: Jumping rope)

What can I do?
• Model healthy behavior
• Be positive about physical activity
• Take kids to places they can be active

Moved? Change of Phone/Address?
Questions/Comments?
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