



HEALTHY LIFESTYLES CLINIC

August 15, 2014

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

Question: Where can I play?

Answer: In a park!

Portland Parks & Recreation Department (PP&R) and Tualatin Hills Parks & Recreation Department have recreational facilities in and around the city of Portland. PP&R even offers scholarships to provide financial assistance to offset any fees associated with activities. To learn more, go to:
<https://www.portlandoregon.gov/parks/>
Or stop in at your local park center today!