



# Prescription for healthy active kids

Date \_\_\_\_\_ Patient's name \_\_\_\_\_

**My goals are to:**

- Increase physical activity
- Decrease screen time
- Make healthier food and drink choices
- Sleep better
- Other \_\_\_\_\_

**Here is what I will do to reach my goals:**

---



---



---



---

**We will follow up on these goals on (date)** \_\_\_\_\_

**Doctor's signature** \_\_\_\_\_

**Parent/patient's signature** \_\_\_\_\_

Visit [www.caringforkids.cps.ca/active-kids](http://www.caringforkids.cps.ca/active-kids) for more ideas and information. You can also sign up for our electronic newsletter, with regular reminders and tips for making each day healthy and active.



	How much physical activity each day?	Limit sedentary behaviour (time spent sitting)	Tips for what to do
<b>Infants</b> (0-12 months)	Be physically active several times every day.	Limit sedentary time when awake (e.g., sitting in a stroller or high chair) to <b>less than 1 hour at a time.</b>	Active play starts from birth through floor-based activities like tummy-time, reaching, pushing, pulling and crawling.
<b>Toddlers</b> (1-2 years) and <b>Preschoolers</b> (3-4 years)	<b>180 minutes</b> of physical activity through the day including: <ul style="list-style-type: none"> <li>planned and organized, and</li> <li>free play</li> </ul> <p>Gradually progress toward at least <b>60 minutes</b> of energetic play (moderate to vigorous intensity) by <b>5 years of age.</b></p>	<b>No screen time</b> for children under 2 years (e.g., TV, computer, electronic devices).  For children 2-4 years, screen time should be limited to <b>less than 1 hour a day.</b>	Activities should be fun and encourage your toddler to explore and try new things. <ul style="list-style-type: none"> <li>Children this age don't understand rules and may not be coordinated enough to play organized sports</li> <li><b>Other ideas:</b> walking or running, playing tag, supervised water play, tumbling, dancing, throwing and catching</li> <li>Older children can try skipping and bike riding</li> </ul>
<b>Children</b> (5-11 years)	<b>At least 60 minutes</b> of moderate- to-vigorous-intensity physical activity <b>every day.</b>  <b>Vigorous-intensity</b> activities and activities that <b>strengthen muscle and bone</b> at least <b>3 days a week.</b>	Limit recreational screen time to <b>no more than 2 hours</b> every day.  Limit sedentary transport, (e.g., in a car) time spent sitting and time spent indoors.	Sports should have short instruction times and flexible rules, offer free time, and focus on fun. <ul style="list-style-type: none"> <li><b>Other ideas:</b> playing tag, walking to school, soccer, baseball, gymnastics, skating and skiing</li> </ul> <p>Physical size, strength and maturity vary widely for this age group.</p> <ul style="list-style-type: none"> <li>Usually ready to participate in team sports that focus on skill development, participation and fun</li> <li>Can start strength training with lighter weights and proper supervision</li> <li><b>Other ideas:</b> martial arts, hiking, push-ups (with knees on floor), sit-ups</li> </ul>
<b>Teens</b> (12-17 years)			Activities should be fun and include friends. <ul style="list-style-type: none"> <li>Personal fitness (such as a class after school)</li> <li>Active transportation (walking, cycling)</li> <li>Household chores</li> <li>Competitive and non-competitive sports (e.g., pick-up basketball)</li> <li><b>Other ideas:</b> canoeing, hiking, rollerblading, yard work, and games that require throwing and catching</li> </ul>

- **Vigorous-intensity activities** make children and teens sweat and feel “out of breath,” so that they can only speak a few words between breaths.
- **Moderate-intensity activities** make children and teens sweat more and breathe a little harder, but they can still talk while moving their bodies.
- **Activities that strengthen muscle and bone** can include jumping rope and running, or sports like tennis and basketball.

