

2004 MORE HEALTH PROMOTING SCHOOL NEWSLETTER INSERTS

Overweight & obesity-a growing problem.

The Problem: In Australia today, about 1 in 4 children are overweight or obese, which has doubled since 1985. This is worrying, as obesity is linked to serious illnesses such as diabetes, hypertension, heart disease & some forms of cancer. Evidence suggests that overweight or obese kids can become obese adults.

The Cause: *Insufficient physical activity*, together with an increase in sedentary activities (like TV, computer games, videos, homework) greater consumption of high fat foods, and changes in family structures & work patterns.

What Can Help? Being active every day, together with a healthy diet is a good way to prevent overweight and obesity & to improve health.

Tips for getting active: Walk the dog, kick a ball in the yard, use walking or cycling as transport wherever possible, get involved in an organised sport, plan family outings that involve activity. Take advantage of our local beaches, cycleways, National Parks & recreation areas for active outings, use stairs instead of lifts, park further from your destination, encourage play, limit sedentary activities.

A Healthy Diet: Eat a wide variety of foods. Include more fresh or canned fruit & veges, breads, grains, pasta & rice along with lean meat, fish, poultry & reduced fat dairy products. Eat less processed snack foods, drink lots of water, eat at the table & not in front of the TV, eat healthy snacks, don't skip meals, have treats occasionally.

ARE YOU ACTIVE ENOUGH FOR GOOD HEALTH?

Check it out with this quick quiz.

1. I engage in *at least* 150 minutes of moderate exercise each week. Yes/No
2. I am active in as many ways as possible each day. Yes/No
3. I walk or cycle as often as possible for transport. Yes/No
4. I spend *most* of the day at work being *active*. Yes/No
5. I limit the amount of time I spend being sedentary at home. Yes/No

How did you score? Yes=5 points; No=1 point.

5-9 points: You may not be active enough for good health. Try and accumulate at least 30 mins of moderate activity each day.

10 or more points: Congratulations, you are doing enough physical activity for good health. For *extra* health & fitness, try some vigorous activity a few times a week.

National Guidelines for Physical activity

1. Put together at least 30 minutes of moderate intensity physical activity each day.
2. Be active in as many ways as you can every day.
3. Think of movement as an opportunity, not an inconvenience.
4. If you can, try some vigorous activity for extra health & fitness benefits.



**Active Kids
are
healthy and happy!**

BE ACTIVE EVERY DAY

Be Active Every Day



In as many ways as you can

Kick a ball in the yard
Walk the dog
Use the stairs
Wash the car

**For good health,
Just 30 minutes on most days
will do the trick!**



**For extra health & fitness,
try some vigorous exercise
if you can**

**For strong bones
and bodies**



Jump, run, play, walk, dance, cycle

Everyday!