

Let's get active!

The Children's Nutrition Survey revealed that *31% of our children are either overweight or obese*. Increasingly children are becoming more sedentary and choosing high fat, high sugar snacks and drinks leading to weight gain.

About half of all children are transported to and from school in NZ. No weekend activity was reported by 12.5% of children in the survey and around 27% of children watch more than 2 hours of TV a day.

Tips to get your child active:

- Encourage your child to walk or cycle to school. Ask your school about walking school buses. If this is not possible, consider dropping your child off a few blocks from school and then letting them walk.
- Limit 'screen' time (computer, play station, TV) and instead suggest time is spent outside playing.
- Choose presents that encourage physical activity e.g. kites, balls, skipping ropes, frisbees, hacky sacks, skateboard.
- Make family outings fun and active, you don't need to spend extra money. Go for a walk/bike in the park or at the beach.
- Be a role model. If you are active the chances are your child will be too. Everyday things such as walking up stairs, walking to the dairy and parking some distance away will all help to develop a more active lifestyle.
- Encourage your child to take part in organised sport.
- Remember the key is FUN! Children need to play and enjoy being active.

Balance your eating with activity

It is important to realise the more you eat the more exercise or physical activity you need to do to use that energy up.

Below is a table that shows you how much exercise from different activities you would need to do if you ate a meat pie or an apple.

| Activity | Energy use (kj) per minute | Time of exercise to use the energy in a meat pie | Minutes of exercise to use the energy in an apple |
|----------|----------------------------|--|---|
| Walking | 17 | 3hr 6min | 16min |
| Jogging | 50 | 1hr 3min | 6min |
| Swimming | 25 | 2hr 6min | 11min |
| Cycling | 34 | 1hr 33min | 8min |
| Skipping | 25 | 2hr 6min | 11min |

**Data sourced from Be Healthy Be Active, Millennium Institute of Sport & Health*

Healthy Nibbles

Nutrition Updates for Primary Schools

For more information visit: www.cph.co.nz