



Active Kids in a Digital World

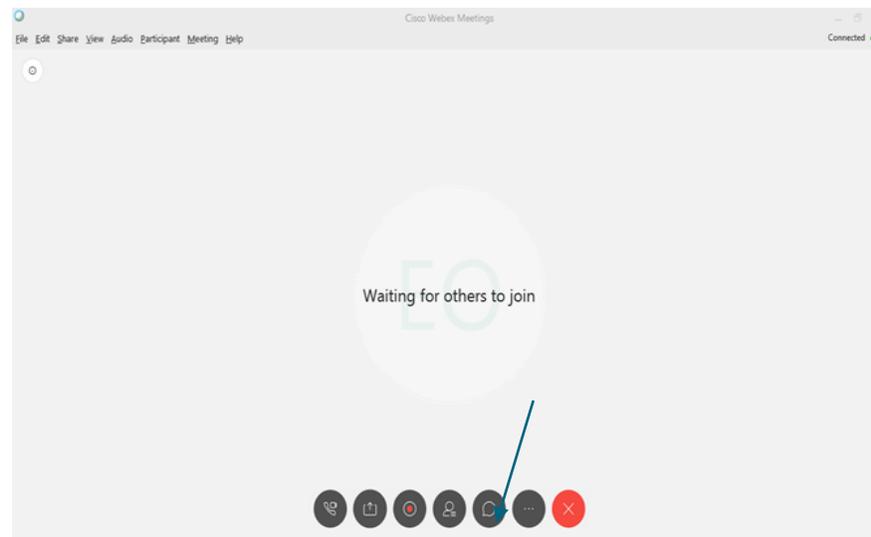
Taught by Harris Health System
Employee Wellness Team

HARRISHEALTH SYSTEM

Engage and Interact

Questions – Type questions, thoughts, examples, in the chat box, the more interaction the better.

Premium Points - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



Employee Wellness Team



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Learning Objectives

- Physical activity facts & recommendations
- Screen time recommendations
- 5 little words
- Creating healthy boundaries
- Finding balance

Fact or Fiction?

Less than one-quarter (24%) of children 6 to 17 years of age participate in 60 minutes of physical activity every day.

FACT!

The Physical Activity Guidelines for Americans recommend that children and adolescents ages 6 to 17 years do 60 minutes or more of moderate-to-vigorous physical activity daily.

FACT!

CDC Stats

In 2017...

- Only 26.1% of high school students participated in at least 60 minutes per day of physical activity on all 7 days of the previous week.
- 51.1% of high school students participated in muscle strengthening exercises on 3 or more days during the previous week.
- 51.7% of high school students attended physical education classes in an average week, and only 29.9% of high school students attended physical education classes daily.



“Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions.”

- -CDC

Physical inactivity can

- Lead to energy imbalance and can increase the risk of becoming overweight or obese.
- Increase the risk factors for cardiovascular disease, including hyperlipidemia, high blood pressure, obesity, and insulin resistance and glucose intolerance.
- Increase the risk for developing type 2 diabetes.
- Increase the risk for developing breast, colon, endometrial, and lung cancers.
- Lead to low bone density, which in turn, leads to osteoporosis.

AHA Recommendations for Physical Activity



3-5

- Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.

6-17

- Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic.
- Include vigorous-intensity activity on at least 3 days per week.
- Include muscle- and bone-strengthening (weight-bearing) activities on at least 3 days per week.
- Increase amount and intensity gradually over time.

Screen time recommendations

- < 18 months of age limit screen use to video chatting along with an adult (for example, with a parent who is out of town).
- Between 18 and 24 months screen time should be limited to watching educational programming with a caregiver.
- Children 2-5, limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend days.
- 6+, encourage healthy habits and limit activities that include screens.

Additional screen time tips

- Turn off all screens during family meals and outings.
- Learn about and use parental controls.
- Avoid using screens as pacifiers, babysitters, or to stop tantrums.
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.
- Communicate the healthy boundary
- Set a good example with your own safe and healthy screen habits.



“But what can I doooooooo?!”

- Hop scotch
- Freeze tag
- Soccer/ball games
- Leap frog
- Tickle Fights
- Long jump/high jump
- YouTube Fitness
- Indoor trampoline
- Dance party
- Read a book/audiobook
- Play cards or a board game
- Frisbee
- Jump rope
- Have a field day
- Home gym workouts for teens
- Walk the neighborhood
- Flag football
- Race each other
- Take a nap
- Cook a meal together
- Virtual Reality Video Games
- Nintendo Wii/Switch





Identify where they are needed

Start small and be **realistic**

Communicate the boundary

Resist **explaining** or **apologizing**

Don't bend

Respect **your own** needs and feelings

Finding Balance

- Give yourself grace
- Start with yourself
- Provide an experience, not a drill sergeant
- Some is better than none
- The goal is improvement, not perfection



It is not our
job to control
our children's
body size.

@kids.eat.in.color

Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
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Contact Us!

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Caring for ourselves so we can care for others

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