Health Tip of the Month

DITCH THE SCREEN, GO OUTSIDE!!

Is your family stuck at home glued to their screens? Then this is a good time to leave the screen and go outside! Physical activity as a family is very important and winter time offers new opportunities to move!!

Benefits of Physical activity:
- Improved brain health
- Improved mood
- Strengthens muscles and bones
- Weight management
- May prevent and manage conditions such as heart disease, diabetes, and obesity

What can I do?

Reduce screen time:
- Don’t put screens in bedrooms
- Keep meal time as family time – no screens!
- Set a good example, limit your screen time
- Set screen time limits and provide other fun activities rather than screens

Keep your family active in the winter:
- Go out for walks to the park together
- Go ice skating
- Bundle up and bike ride together
- Jump rope, play sports or games outdoors
- Do stretches together 10 minutes a day
- Play, dance, or do chores together with your children while listening to music

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