

**A**lthough Health Canada recommends adults get 30 to 60 minutes of exercise daily and 90 minutes for children, statistics show that two-thirds of us are still inactive. Childhood obesity is an epidemic in Canada, affecting 26 per cent of children. Take this quiz to find out where your family ranks in the area of physical activity and nutrition:

- 1 **How many times a week does your family eat out?**  
A. 0 to 1  
B. 2 to 4  
C. 5 or more
- 2 **How many hours per day do your children spend on screen time (watching TV, playing video games or on the computer)?**  
A. 0 to 1  
B. 2 to 3  
C. 4 or more
- 3 **How close do you live to public recreation facilities (parks, bike trails, etc.)?**  
A. A short walk away.  
B. A 10-minute drive.  
C. There's nothing like that around for miles.
- 4 **How often is your family active together?**  
A. We try to get moving together most days, even if it's playing a fitness console game for a half-hour or walking the dog.  
B. We don't have time during the week; but on weekends, we go swimming or play tennis in the park.  
C. We walk from the car to the front door of the kids' school together.
- 5 **How many minutes, on average, of physical activity does your child get?**  
A. 60 to 90 minutes  
B. 30 to 60 minutes  
C. Under 30 minutes



## How Healthy is Your Family? BY LISA EVANS

QUIZ

- 6 **A look in your refrigerator would reveal:**  
A. Mostly fresh fruits and veggies and lean meats.  
B. Mostly packaged foods with a few fresh or frozen fruits and veggies.  
C. Soda and condiments, such as ketchup, mayonnaise and mustard to add to take-out.
- 7 **Does your child participate in extracurricular sports activities?**  
A. Yes, 3 to 5 times a week.  
B. Yes, 1 to 2 times a week.  
C. No, he/she doesn't like sports.
- 8 **How often do you and/or your spouse exercise?**  
A. 5 to 7 days a week  
B. 2 to 4 days a week  
C. Does sex count?

### How did you do? If you answered...

**Mostly A's** – Congratulations, you're a healthy family. Check to see if you circled any B's or C's to find areas for improvement. Be conscious of inactivity and break up extended sedentary periods with physical activities that are fun for the whole family. Remember: the best way to

teach your children about healthy habits is to model a healthy lifestyle yourself.

**Mostly B's** – You could do better. Add in another exercise session per week, eat out less and plan some outdoor activities the whole family can enjoy. Boost your physical activity quotient to 60 minutes per day – this could be a combination of cardio (running, biking, walking at a quick pace), muscle-strengthening exercises (monkey bars, sit-ups, push-ups) and bone-strengthening exercises (running, skipping, hopscotch) and reduce your kids' screen time to one hour per day. Screen time is one of the major contributors to sedentary behavior and obesity.

**Mostly C's** – Your family could use some help in the fitness/nutrition area. Review the answers to this quiz. The A's are what you should aim for, but take it slowly. Attempting to overhaul your family's eating and fitness habits overnight will only be an exercise in futility. Make one small change at a time, such as eating at home one more day per week instead of going out and joining a parent-child fitness class or making use of local recreation centres once or twice a week will help get your family on the right track. Getting active is important, but doing it together makes the process more fun and rewarding.

Lisa is a health and fitness freelance writer. **CCM**

**Bloom**  
Helping Calgary Women  
Reach Their Health Potential

**Want quality information on a variety of women's health topics?**

We offer educational courses for women on physical health, social and emotional health, nutritional health, and chronic health concerns.

We invite you to join us – it's for your health!

Find out more at:  
[www.calgarywomenshealth.ca](http://www.calgarywomenshealth.ca)  
or phone 403-944-2260

Women's Health Resources • Counselling & Consultation  
Courses • Outreach • Library

**BRILLIANT BEGINNINGS**  
EDUCATIONAL CENTRE

**Unique Infant & Toddler Programs  
Parent Support & Education**  
[www.brilliantbeginnings.ca](http://www.brilliantbeginnings.ca)  
#437, 8 WESTON DR. SW • 207A-19 ST NW • 403.283.KIDS (5437)

**ROCKY MOUNTAIN  
PSYCHOLOGICAL SERVICES**

**SPECIALISTS IN CHILD COUNSELING SERVICES  
SERVING CALGARY'S CHILDREN FOR OVER 20 YEARS!**  
Play Therapy 2-12 years ■ Expressive Therapy 12-adult  
Parent Consultation ■ Assessments  
Family Counseling ■ Mediation

**COMMON REFERRALS INCLUDE**  
anxiety, depression, adjustment, loss, divorce, autism spectrum, behavioral issues, parenting strategies

Phone 403-245-5981  
[www.rmpsychservices.com](http://www.rmpsychservices.com)

**Psychological Services**  
for Children, Adolescents & Adults

Highly qualified and experienced in the assessment of psychological problems and related concerns.

Easy to access - we can help you right now.

*Visit our website for more information*

2050 - 21 St. NE, Calgary, AB T2E 6S5  
T 403.291.5038 F 403.291.2499  
[psychology@renfreweducation.org](mailto:psychology@renfreweducation.org) [www.renfreweducation.org](http://www.renfreweducation.org)

**RENFREW**  
EDUCATIONAL SERVICES  
HELPING KIDS SOAR