

## **PA Announcements**

Create your own announcements, or try some of these examples...

Many children in Canada the same age as you spend 23 hours in front of the screen each week. Doctors recommend that children should spend no more than 1 hour watching television and playing video games per day. Also some Canadian children do not do enough physical activity to make them healthy. So get out there and get moving!

Getting enough physical activity is just as important as eating healthy and feeling good about yourself in creating healthy bodies. Try to pick something healthy to eat and join in physical activity.

Look for ways to make physical activity part of your everyday life. Walk or roll to school, shoot some hoops with your friends or play hockey with your family.

Use your recesses to play Red Green Light, Hopscotch, Mother May I, Four Square, tag or shoot some hoops, or have a quick game of soccer. You might even consider walking or running around the schoolyard during the break.

Physical activity is like brushing your teeth. It should be done every day, makes you feel good and gives you a great smile.

Get up and dance with your friends. Play your favourite CD or listen to the radio and move to the beat!

Can you survive? Are you up to the challenge of giving up TV and video computer games for one week? Don't get voted off by sneaking a peak!!

Are you a screen addict? Start thinking about how much time you spend in front of a screen, why you do and what you are missing...

Exercise is one of the best ways to relieve tension. Remember how relaxed you felt after your last game of tag, swim with a friend or any other physical activity. Catch the feeling!

*Adopted from Central Western Ontario TV-Turnoff Week Leader-Teacher Package 2003.*