

LEARNING
READINESS



Get At Least 1 Hour of Exercise Each Day

Physical exercise not only helps children stay healthy and avoid the epidemic of obesity, but it also improves their ability to pay attention and learn at school. However, in today's world, with so much entertainment available that requires children only to push buttons while they sit, exercise is hard to encourage. Therefore, Uncle Dan's Report Card encourages getting exercise by replacing activities that involve sitting and watching a screen, with those that involve movement and active play.

Ways to practice this habit together:

- **Play physical activities, such as jumping jacks, backyard soccer, or kickball with your child when he comes home from school.** If you are not available to play with him, ensure that your child is in a childcare program or with a childcare provider who encourages physical exercise or teaches your child a sport.
- **Limit screen time by making deals with your child to “purchase” time to watch TV, play video games or use the computer, if he only wants to do those activities.** An example of a “deal” might be: Your child can buy screen time (within limited amounts of restricted programs and games, as long as doing chores, homework, reading, eating and bedtime are kept) by doing physical activity for two minutes for every minute of screen time.
- **Model physical activity for your children by taking them on walks, bike rides, or trips to the park to play.**

