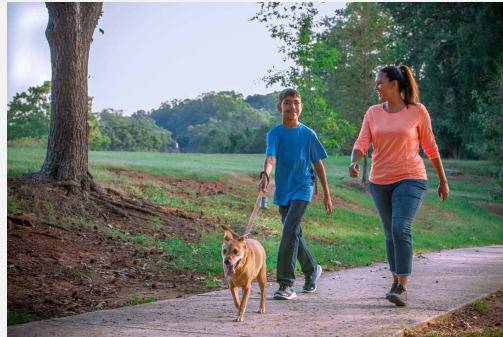


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Monday, October 2, is Child Health Day! Learn how much and the types of recommended physical activity your children need to be healthier: <http://bit.ly/2blMUZc>



Physical activity should be age-appropriate and enjoyable. Learn how 7-year-old Harold fits 60 minutes of physical activity into each day. <http://bit.ly/2cNXP2X>

Did you know students consume up to two-thirds of their calories at school? Learn how two school districts in Hamilton County, Ohio, are improving nutrition standards for school snacks: <http://bit.ly/2icyMIV>

Did you know that children aged 8 to 10 years spend about 6 hours per day in front of a screen? Learn some tips on limiting screen time and encouraging kids to get at least 1 hour of physical activity per day: <http://bit.ly/2uRhHZR>. For younger children, check out these screen time recommendations from the American Academy of Pediatrics: <http://bit.ly/2iwWEqX>



October 2 is Child Health Day. To celebrate, spend time getting some physical activity with your children by going to the park, playing basketball, or going on a family bike ride. <http://bit.ly/2uRhHZR>



Did you know that screen time should be limited to 1 or 2 hours per day? Learn ways to help limit your child's screen time and encourage them to be more physically active: <http://bit.ly/2uRhHZR>



This Child Health Day, learn how K–12 public schools in Greenville, South Carolina, are helping nearly 80,000 students and staff by making healthy changes to school lunches, including serving meals that are higher in fiber, lower in sodium and fat, and have fresh produce: <http://bit.ly/2utCWPpa>

Get Healthy, Live Well in Carrollton, Georgia, helps families turn school commutes into physical activity opportunities by making it easier for children to safely walk or bike to school. Learn more: <http://bit.ly/2jEQwbG>

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Learn how much physical activity children need to be healthier: <http://bit.ly/2bIMUZc>



October 2 is Child Health Day. How does your child's physical activity level compare to this 7-year-old's? <http://bit.ly/2cNXP2X>

Learn how two school districts in Hamilton County, Ohio, are improving nutrition standards for school snacks: <http://bit.ly/2icyMIV>

INFOGRAPHIC: Learn how to limit children's screen time and encourage physical activity: <http://bit.ly/2uRhHZR>



Celebrate Child Health Day away from the screen by going on a family bike ride or to the park: <http://bit.ly/2uRhHZR>



Did you know children spend 114 days per year on average in front of a screen? Learn tips to limit screen

time: <http://bit.ly/2uRhHZR>

