

STAYING HEALTHY WHILE STAYING CONNECTED



AGE RANGE

10–13

OVERVIEW

Screen time does not have to be sedentary! Students will review their sedentary hobbies, such as watching television or playing video games, and design a physical activity challenge that will help them increase their physical activity during these hobbies. They will explain how their plan could help them reach their daily physical activity recommendations.

ACTIVITY DURATION

45–60 minutes

OBJECTIVES

Students will:

- Explain the connection between sedentary behavior and noncommunicable diseases
- Assess the physical activity recommendations for their age group
- Evaluate the number of hours they spend doing sedentary hobbies compared to physical activity
- Develop and test a physical activity challenge they could use during sedentary hobbies

MATERIALS NEEDED

- Pencils, one per student
- Plain white paper, 1–2 sheets per group
- Stopwatch or cell phone timer, one per group
- Dry erase marker and chalk, one per volunteer
- **Physical Activity Guidelines for Children and Adolescents** handout, one per student

For more information about the Future Well Kids program, please email

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