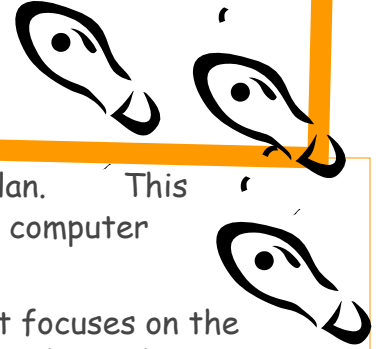




Limit the Box

Month 2; Week 1

Let's Walk Newsletter



Welcome to the second month of **Randolph Fit and Healthy** wellness plan. This month we will emphasize on limiting the use of TV, movies, video and computer games to no more than one or two hours a day.

Limit the Box, Let's Walk is a week long lifestyle change program that focuses on the goal of decreasing the time spent on watching TV, movies, or playing video and computer games to **less than two hours a day** for each member of the family and to start and maintain a physical activity regimen to be active for at **least 60 minutes for children** per day and **150 minutes of moderate or 75 minutes of vigorous intensity for adults** per week.

The week long *Limit the Box, Let's Walk* program will guide you with many ideas to limit screen time and incorporate physical activity in your daily life. So lets grab your sneakers and have some fun!

Limit the Box, Let's Walk program includes the following:



- Health benefits of limiting screen time and promoting physical activity
- Goals and objectives of "Limit the Box, Let's Walk"
- Reasons to limit screen time
- Tips to limit screen time and start physical activity regimen
- Ideas of physical activity and alternate fun activities to limit screen time
- Activity log-in sheet
- Resource list

Don't forget to turn in the log in sheet after you complete the activity!

Remember! submission of the activity log-in sheet, after the completion of activity, will automatically enter you into the monthly drawing. The participants who turn in their activity log sheet for the prescribed week and an extra week (repeating the activity), will be eligible for the grand prize drawing at the end of the 3rd month.

After you submit the log in sheet, please take a few minutes and visit <http://www.surveymonkey.com/s/MKW8TFY> to fill out a brief survey.