

## Families Flyer 4: General information regarding «Sedentary Behaviour»

### What is sedentary behaviour?



Sedentary behaviour is the comprehensive term for all behaviours or activities consisting of sitting or lying, such as TV watching, video

games or other screen activities.

### What are the benefits of reducing sedentary behaviours?

Apart from adults who usually sit too much, children also spend a large amount of their leisure time sitting down, at home and at school. Children seem to sit down more during the weekend days compared to the weekdays, because they are devoting more time to screen activities. Children and adults who spend a lot of time on sedentary activities are at higher risk of being overweight/ obese and having obesity



related diseases. Therefore, «Sedentary Breaking» may contribute to:

- Blood pressure reduction
- Blood sugar control
- Stress reduction
- Better concentration

### «Sedentary Breaking»

It is important to decrease and interrupt the prolonged periods of sitting time. To achieve this, you can perform movement breaks together with your child. Movement breaks are short breaks of movement with 1-5 minutes duration, used to interrupt prolonged sitting time.

These breaks can be joyful and fun or just stretching. Ask your child to show you one of the movement breaks he/she performed at school. You can create your own family movement breaks, as well as get some additional ideas for performing dance movement breaks at:

<https://www.youtube.com/user/justdancegame>

## Tips and Suggestions for your Family

### Restrict the time you spend on screen activities

- Set specific rules on when and how much is allowed for recreational screen activities (e.g. TV watching, playing video games, using PC, etc.), which should not exceed **2 hours per day**.
- Do not allow your child to turn on the TV or use video games or computer without asking your permission first.
- Remove electronic devices from your child's bedroom. This way it will be easier for you to monitor your child's screen time.
- Be a good role model by limiting your own sedentary activities.

### Include the «Movement Breaks» in your daily life!

- Take your movement breaks together with other family members and your child or with colleagues at work whenever you remain seated for more than 30-40 minutes, for even more fun.
- You could use a timer to remind yourself and your child to perform movement breaks.

### Become a role model for your child!

Express to your child how much you enjoy taking movement breaks (e.g. «I love movement breaks!», «I love stretching!», «Stretching my legs is very relaxing!»).