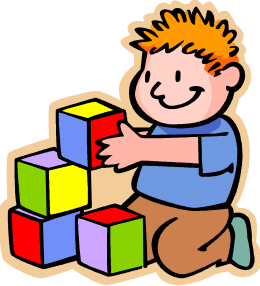


Children's Therapy and Family Resource Centre

801 McGill Road, Kamloops, BC V2C 6R1 Phone: (250) 371-4100 Fax: (250) 371-4120
www.kamloopschildrenstherapy.org



Take the Test HOW ACTIVE IS YOUR CHILD?

YES NO Does your child watch less than 3¹/₂ hours of TV each day?

YES NO Does your child walk or bike to school?

YES NO Does your child take gym class at school every day?

YES NO As a family, do you take part in activities such as Hiking, biking, swimming or skating?

YES NO Does your child play outside most days?

YES NO Is your child involved in organized sport or Recreational activities in his school or your community

YES NO Is your child physically active more than three hours each week?



If you answered NO to ANY of these questions your child may not be enjoying all the benefits of active living.

Do your part to help your child develop an active and healthy lifestyle.

