

My Fitness Calendar

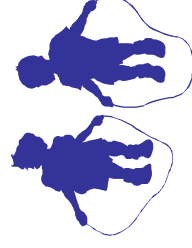


Advanced Pediatric Associates^{LLP}

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Advanced Pediatrics recommends limiting TV/video/computer time to less than 2 hours per day. Childhood obesity and high cholesterol are associated with higher levels of TV/video/computer time.</i></p>						

Advanced Pediatrics recommends a minimum of one hour of physical activity daily. Keep track of your daily physical activity on the attached calendar. Here are some ideas to get you started:

- Bike ride
- Roller skate
- Ice skate
- Jump rope
- Hopscotch
- Playground
- Climbing wall
- Swim
- Soccer
- Basketball
- Kickball
- Dance
- Tennis
- Hockey
- Baseball
- Football
- Volleyball
- Gymnastics



Hand in Hand for Healthier Children