

# Live Outside the Box Challenge

Choose a week, any weeks during WinterActive (January 15 to February 23, 2007) or SummerActive (May 11 – June 22, 2007) and challenge yourself, your school and your community to go “screen free”. That’s right! No TV, computers (except for work) or video games for one full week.

Below you will find a table for you and your family to write or draw the activity they did each day instead of watching TV and to record how much time they spent at the screen (TV, computer and video game). Try to reduce screen time and increase activity time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Screen time: ____	Screen time: ____	Screen time: ____	Screen time: ____	Screen time: ____	Screen time: ____	Screen time: ____

To find out more information about WinterActive and SummerActive and to register your participation in Challenge Week visit [www.winteractive.org](http://www.winteractive.org) or [www.summeractive.org](http://www.summeractive.org)

# 20 Ways

## *to Live Outside the Box*

- 1) Involve children in household activities and meal preparation.
- 2) Organize a scavenger hunt.
- 3) Participate in Live Outside the Box Challenge Week. Choose a week, any week during WinterActive or SummerActive and challenge yourself, your school and your community to be screen free. That's right, no TV, computers (except for school activities or work) or video games for one full week!
- 4) Develop a list of physical activities and place them in a jar. Plan to meet regularly during the week and on the weekend to try a different activity from the jar.
- 5) Visit your local library and borrow books on games from around the world. Try games you have never played before.
- 6) Participate in community programs. Consult your local recreation department.
- 7) Build an obstacle course in your backyard.
- 8) Walk the talk. It is not just an action – it is a lifestyle. Be a physically active role model. Find fun, active ways to celebrate special occasions like swimming, inline skating or other active parties.
- 9) Take time to have physically active fun with your children, such as dancing to your favourite music.
- 10) Get involved with community events and activities; many community events provide walking or other physical activity opportunities.
- 11) Plan your TV viewing. Watch only your favourite shows and then turn the TV off.
- 12) Keep the TV off during dinner. Meals are a great time for conversation.
- 13) Support daily physical activity and quality health and physical education instruction in your child's school, get involved and participate in activities yourself or volunteer at school events. Connect with you school council and advocate for participation in daily physical activities and related events.
- 14) Encourage installation of park equipment, bike paths or other resources for physical activity in your neighbourhood.
- 15) Stash a box in the family car that holds balls, baseball gloves, a jump rope, Frisbee, kite and running shoes. Be ready for fun!
- 16) Only allow your children to have one to two hour(s) of screen time per day.
- 17) Move the television set(s) to less visible locations and hide the remote control to make watching TV less tempting.
- 18) Remove the TV from bedrooms.
- 19) Limit the number of hours you and your children watch TV, play video games and use the computer each day. One to two hour(s) per day is a good guideline.
- 20) Turn off the television, computer and video games!