

ACTIVE BODIES ACTIVE MINDS

*Making the Healthy Choice
the Easy Choice*



**Because we care about the health
and well being of the children in our care:**

We follow the American Academy of Pediatrics'
Recommendations on Television viewing:

- Children under 2 should watch NO TV
- Children age 2 and over should watch less than 2 hours/day

*We also have policies and practices that support
physical activity.*