

# Southwest Nebraska Public Health Department



## Benefits of Exercise for Children

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- possibly lower blood pressure and blood cholesterol levels
- have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test.

## Raising a Fit Child

- **Help your child participate in a variety of activities that are age-appropriate.**
- **Establish a regular schedule for physical activity.**
- **Incorporate activity into daily routines, such as taking the stairs instead of the elevator.**
- **Embrace a healthier lifestyle yourself, so you'll be a positive role model for your family.**

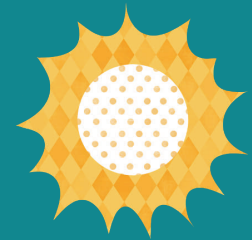
**Keep it fun, so you can count on your child to come back for more.**

## Sedentary Lifestyles

According to the Kaiser Family Foundation, the average child is watching about 3 hours of television a day. And the average kid spends 5½ hours on all screen media combined (TV, videos and DVDs, computer time outside of schoolwork, and video games).

One of the best ways to get kids to be more active is to limit the amount of time spent in sedentary activities, especially watching TV or playing video games. The American Academy of Pediatrics (AAP) recommends that children under the age of 2 years watch no TV at all and that screen time should be limited to no more than 1-2 hours of *quality programming* a day for kids 2 years and older.

## Walk to Health June, 2011 Newsletter

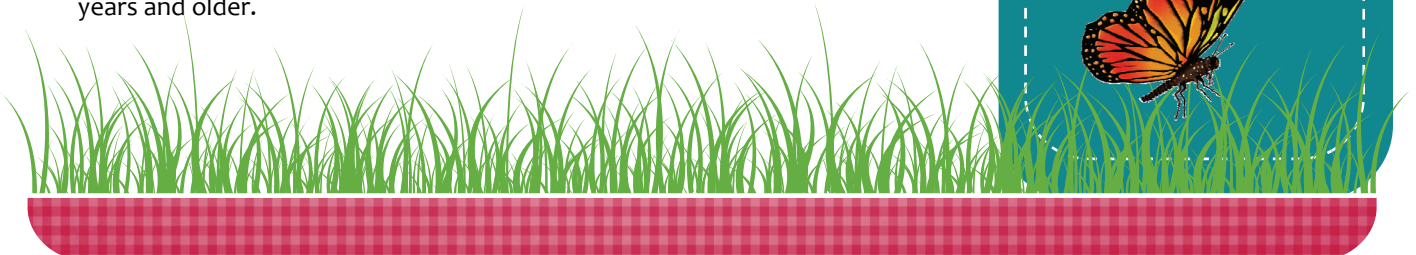


### Inside this issue

Benefits of Exercise.....	1
How Much is Enough?.....	2
Kid Tested & Approved.....	2
Being a Healthy Role Model.....	3
Exercise for the Brain.....	4
Coloring Page.....	Center

### Program Coordinator

Jamey Keen,  
Public Health Nurse  
[nurse@swhealthdept.com](mailto:nurse@swhealthdept.com)



## Game of the Month— Kid Tested and Approved



### Capture the Flag



2 players are designated team captains and take turns choosing their team members. There is 1 flag in the middle of the playing area. Teams start in their own camps on opposite sides of the flag.

The object of the game is to capture the flag that is in the middle and bring it to the center (a pre-designated area) of the opposite team's camp. The team that does this wins the game.



## How Much Exercise is Enough?

Parents need to ensure that their kids get enough exercise. So, how much is enough? All kids 2 years and older should get at least 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week. The National Association for Sport and Physical Education (NASPE) offers expanded activity guidelines for infants, toddlers and preschoolers:

Age	Minimum Daily Activity	Comments
Infant	No specific requirements	Physical activity should encourage motor development
Toddler	1½ hours	30 minutes planned physical activity <b>AND</b> 60 minutes unstructured physical activity (free play)
Preschooler	2 hours	60 minutes planned physical activity <b>AND</b> 60 minutes unstructured physical activity (free play)
School age	1 hour or more	Break up into bouts of 15 minutes or more

## Snack of the Month—Kid Tested and Approved

### Apply Ladybug Treats

#### Ingredients

- 2 red apples
- 1/4 cup raisins
- 1 tablespoon peanut butter
- 8 thin pretzel sticks



#### Directions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes to. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

## Be a Healthy Role Model for Children

### 1. show by example

Eat fruits, vegetables, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2. go food shopping together

Grocery shopping can teach your child about food and nutrition. Discuss where fruits, vegetables, grains, milk, and meats come from. Let your children make healthy choices.

### 3. get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4. offer the same foods for everyone

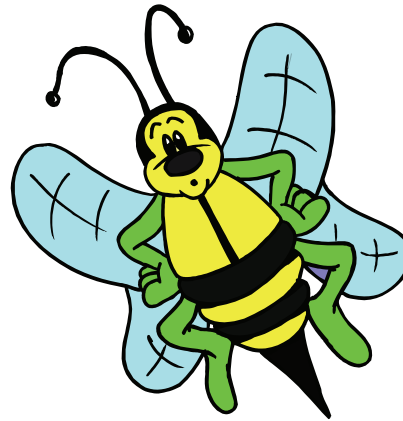
Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same food.

### 5. reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras” - such as candy or cookies—as replacement foods.

### 6. focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make meals a stress-free time.



### 7. listen to your child

If your child says he or she is hungry, offer a small healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

### 8. limit screen time

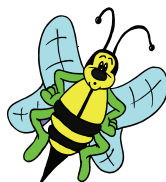
Allow no more than 2 hours of TV a day, as recommended by the American Academy of Pediatrics. Get up and move during commercials. Get some physical activity and avoid the marketing.

### 9. encourage physical activity

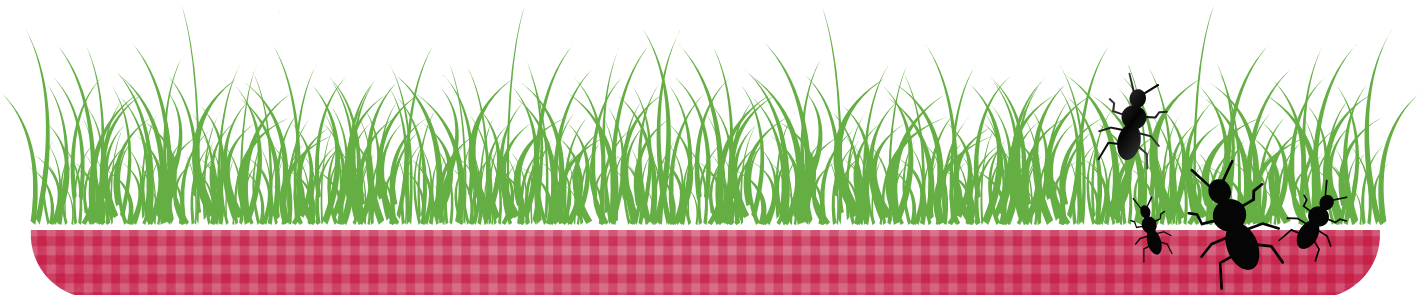
Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

### 10. be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something that your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is hungry. Avoid lecturing or forcing your child to eat.



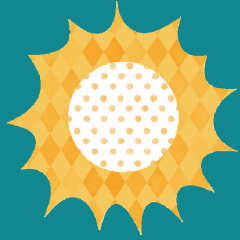
Resource: USDA: Center for Nutrition Policy and Promotion, Nutrition TipSheet No. 2, September 2009.





Southwest Nebraska  
Public Health Department

PO Box 1235, McCook, NE 69001

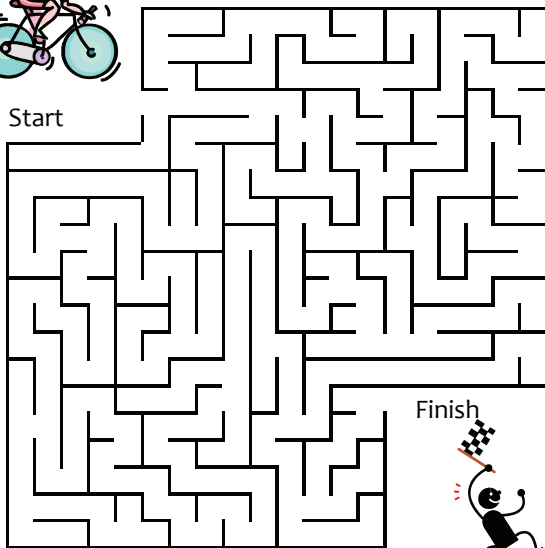


## Fitness Fun

Exercise for the Brain



Start



Finish



### TEST YOUR KNOWLEDGE

Answers can be found throughout this newsletter.  
See how many you can get right without looking.

1. How many minutes of exercise should school-aged children get in a day? \_\_\_\_\_
2. Exercise builds strong \_\_\_\_\_ and \_\_\_\_\_.
3. Kids, 2 years and older, should not watch any more than \_\_\_\_\_ hours of television daily.
4. Try new \_\_\_\_\_.
5. Encourage \_\_\_\_\_.

