



Being Fit Kids

What Your Kids Learned Week One:

Decrease “Screen Time”

We can find activities other than TV, computers, and videogames! Exercise our bodies and minds through creative alternatives such as outdoor exploration, arts and crafts, sports, and jumping rope.



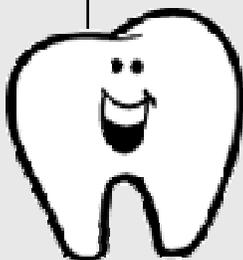
Body = Car

Our bodies are like cars that we have to keep for an entire life. They should be exercised and driven frequently. They also require good “fuel” or food in order to run properly.

Stairs Not Elevator

Burn
more
calories
Exercise
heart
muscle
Lower
blood
pressure
Reduce
stress
levels

Weekly Family Challenge



Fight cavities and dangerous abscesses with cleaner teeth!

Make a chart and track teeth-brushing three times a-day (after meals) for a full 2 minutes each time. At the end of the week, see who scored the highest!

Health in the News: Health Benefits of Light Exercise



Be Smart, Exercise Your Heart: Exercise Effects on Brain & Cognition

Extracts from article in *Neuroscience* January 2008

Lack of physical activity, particularly among children in the developed world, is one of the major causes of obesity.

Recent evidence indicates that children are growing increasingly sedentary and unfit, and that these lifestyle factors are related to an earlier onset of several chronic diseases (such as type II diabetes and obesity), which typically do not emerge before adulthood.

Exercise might not only help to improve their physical health, but a growing body of literature has linked physical activity with improvements in brain function and cognition.

Reference:

Be smart, exercise your heart: exercise effects on brain and cognition *Nature Reviews Neuroscience* 9, 58-65 (January 2008) | doi:10.1038/nrn2298 Charles H. Hillman, Kirk I. Erickson & Arthur F. Kramer

JUST WALK!

Hard to find a good length, location, & type of exercise?

Log miles and join others in on-going walk NH program:
www.walknh.org



Health Benefits

- Lower cholesterol
- Prevent joint pain
- Increase heart health
- Better your mood
- Prevent back pain

Where/When?

- To school & stores
- Inside shopping malls
- Breaks at work
- (instead of smoking!)