



Muscles, Brains and Bones

What Your Kids Learned Week Seven:

HELMETS



MUSCLE & BONE HEALTH

Brush teeth at least two times everyday!

Calcium for bone growth & strength:
Drink milk! Eat yogurt & cottage cheese!

Protein for muscles:
Eat lean meats, eggs, soy, beans, milk

BRAIN HEALTH



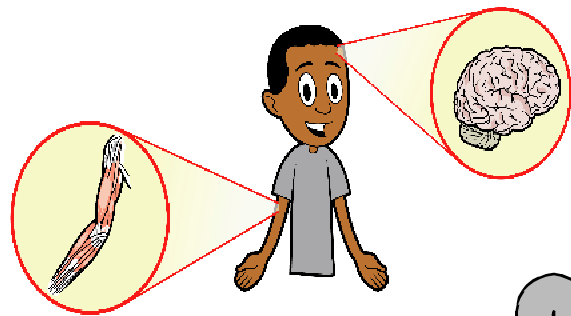
Wear Helmets!
400 children die every year from head injuries from bike accidents

Sleep!

At least 9 hours for kids 5-12 years old

Brain Exercises!

Reading, crossword puzzles, sudoku, and memory games are good ways to exercise your brain and keep it sharp!



Weekly Family Challenge

“5-2-1-0” Every Day:

- 5 fruits & veggies
- Under 2 hours with computer/TV
- 1 hour of Exercise
- 0 sweet/sugary drinks

Health in the News: Importance of a Good Night's Rest!

Consequences of Sleep Deprivation:

- ✓ Impaired short-term memory
- ✓ Increased appetite, especially for foods high in carbohydrates



- ✓ Poor judgment
- ✓ Impaired immune function: Increased susceptibility to sickness and disease
- ✓ Car & workplace accidents
- ✓ Decreased endurance of respiratory muscles, leading to decreased ventilation

6 Easy Steps to Getting More Sleep

- 1) Cut the caffeine & nicotine, especially in the evening
- 2) Avoid using alcohol as a sleep aid because it can lead to restless sleep
- 3) Relax before bedtime
Pre-sleep rituals can be helpful
- 4) Exercise regularly
- 5) Keep bedroom quiet, dark, and at the right temperature
- 6) Don't go to bed hungry, but avoid big meals right before bedtime

Caffeine Calculator

The maximum number of mg your heart can handle in one day is about 250mg, but doctors recommend much having much less.



- 8 oz. cola (23 mg of caffeine)
- 8 oz. diet cola (31 mg)
- Monster Energy 16oz (160 mg)
- 8 oz. coffee (110 mg)
- 8 oz. decaf coffee (5 mg)
- 6 oz. cafe latte (90 mg)
- 6 oz. cappuccino (90 mg)
- 1 oz. espresso (90 mg)
- 8 oz. imported tea (60 mg)
- 8 oz. U.S. tea (40 mg)
- 8 oz. iced tea (60 mg)
- Tot. daily mg: _____

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