

Get involved!

Encourage your kids to try new things.

Let's get MOTIVATED!

- **Motivation** is something “that gets us going, keeps us moving, and helps us get the job done”.
- Motivation consists of **Energy** and **Direction (Goals)**..
- Less motivated kids usually lack goals, not Energy.



3 THINGS THAT KIDS REALLY WANT...

- Kids want to *HAVE FUN!*
- Kids want to *HAVE SUCCESS!*
- Kids want *YOUR PRAISE!*



Exercise doesn't have to be traditional....



- A 75-pound child riding a bike **burns 90 calories** in 45 minutes (the equivalent of one large chocolate-chip cookie).
- But, if the same kid spends 30 minutes running around and another 15 minutes watching ants carry crumbs, he will **burn more than 260 calories!** (equal to the amount in a large cookie and a Coke).

In other words.....

- ... just acting like a kid once a day can make the difference in body weight of a pound a month.
-add walking, swimming, biking to school, or a weekly hike in the woods, and who needs to worry about exercise?
- ...working together with your children to come up with new ways to get exercise can be loads of fun!



Some non-traditional activities.....

- Create your own aerobics routine, make it silly!
- Invent a new sport.
- Measure your heart rate after doing different exercises.
- Play follow the leader with your kids but make the movements active.



A few more.....

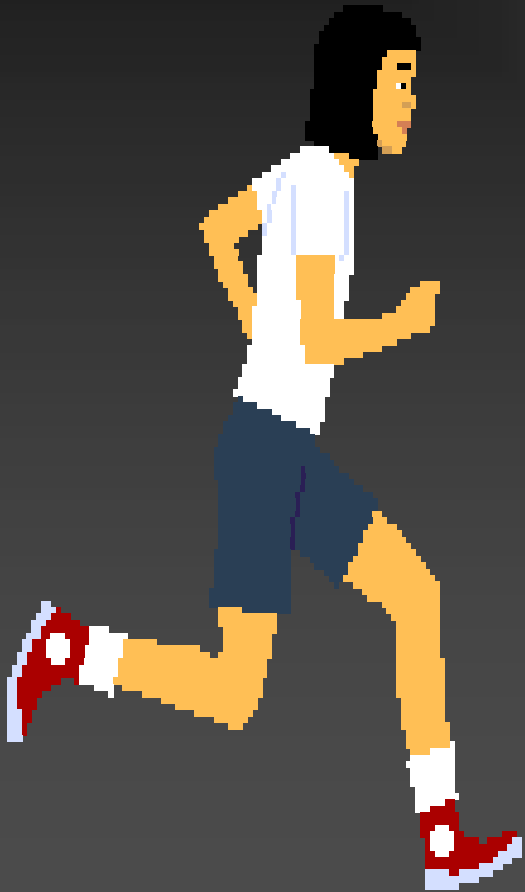
- Plan a family and friends mini-field day.
- Go for a hike and have a contest to see who can spot the most squirrels, birds, oak trees, bugs, etc...
- Get a balloon and play “keep it up”.
- Chase the family dog.
- Exercise during commercial breaks.



What the heck, try everything!



How about running?



Keep it fun! There are basically two reasons kids run...

1. It's the easiest and quickest way to get around.
 2. They're playing games.
-

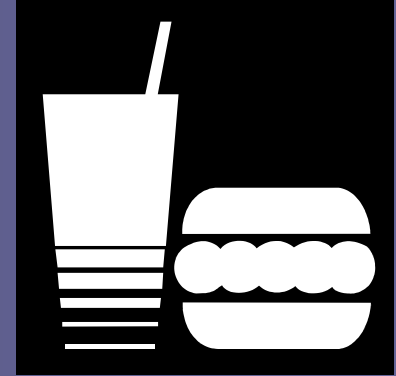
Want to do an official run?

Organized runs can be fun *if you remember...*

1. ...to make it a really fun day!
2. ...Pack a picnic lunch and share it as a family once you've finished.
3. ...to take photographs, not just of your child finishing the fun run but during the entire day.
4. ...to bring a Frisbee or a ball to play with before and after the run.



Scary news!



- Overweight children and obese children are at an all-time high level in the United States.
- The United States has seen a **200 % increase** in the percentage of its children identified as overweight since the late 1960s.
- If children don't slim down by age 20, their life expectancy will drop by up to 20 years.

More scary news....

- An obese child is more susceptible than his peers to diabetes, heart disease, asthma, and, maybe worst of all, **sheer misery**.
 - The American Medical Association this summer surveyed the physical activity, doctor's visits, and sick days of obese kids and found their quality of life comparable to that of young cancer patients on chemotherapy.
-

WAYS TO HAVE FUN AND EXERCISE!

- Keep it interesting!
- Change it up!
- Be silly sometimes!
- Experiment!
- Join others!



How Fit is your child?

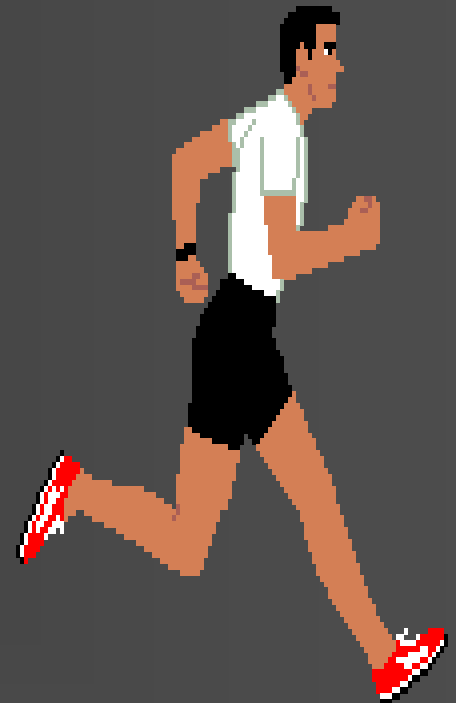


- There are several aerobic fitness tests you can do.
- One of the easiest is the 1 mile walk.
- The following website is an easy way to calculate your approximate fitness level:

http://www.drwoolard.com/fitness_calculators/onemile.htm

Other ways to know your fitness level....

- Simply go out and watch your child play in an activity that lends itself to aerobic fitness (soccer, tag, basketball, etc...) and see how long he can go before they need to rest.
- Calculate your child's BMI. Click the link on the Kids and Fitness Page.
- Take your child's resting pulse rate (first thing in the morning before rising). 72 is average, lower generally means they are in better shape and higher, vice-versa.
- Use a heart rate monitor.



Heart Rate Recovery



Heart rate recovery is simply the amount of time, after exercise, that it takes for your heart to return to its pre-exercise pulse rate.

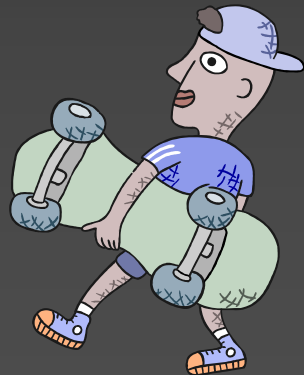
1. Take your child's pulse before an activity.
2. Have your child walk or jog (or do some sort of vigorous, sustainable activity) for 10 minutes or more, stop.
3. Wait one minute, then take your child's pulse.
4. Repeat every minute.
5. Generally a fit person's pulse will be close to their pre-activity rate within 2 to 3 minutes.

How hard should you exercise?

- Aerobic exercise should be done in the Target Heart Rate Zone (THR).
- If you are exercising below your THR then you aren't working hard enough, which means you need to exercise longer.
- If you are exercising above your THR then you may be working too hard, this is okay for short amounts of time.
- THR zone calculator available at the website.
- A heart rate monitor can be a very useful tool here.

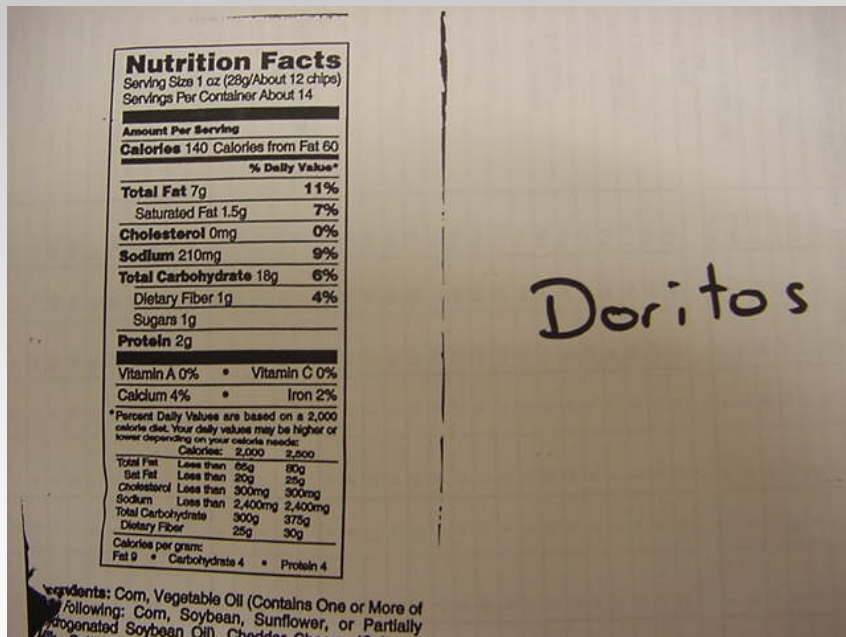


Get them involved in sports!



- Try lots of sports.
- Try team sports.
- Try individual sports.
- Try competitive sports.
- Try non-competitive sports.
- **JUST TRY!!!!**

Teach your kids to read labels!



- Be sure to check the serving sizes and the servings per container.
- Sodium levels are usually very high in canned foods and pre-packaged foods.
- Do the math!

Do you have 6 hours to spare?



- To burn off the number of calories in double cheeseburger meal you would have to walk for **SIX HOURS!**
-

NUTRITION NEWS....DID YOU KNOW.....



- that one 12 ounce soda has 11 packs of sugar?!
- that a 64 ounce Super Gulp has 58.5 packs of sugar?!
- that an 8 ounce bottle of 100% orange juice has 6.6 packs of sugar?! (apple juice is the same)
- and now onto the possibly the worst food product available (take a guess).....

LUNCHABLES.....YUCK!!!!



(CNN)

- In a study at the Univ. of Wisconsin, rats were fed ham-and-cheese Lunchables, and after three weeks, the rats' blood pressure increased by 20 percent!
- A large Lunchable has a whopping **760 calories** and **1,250 mg. Of sodium** (that's over half of your daily need)
- Lunchables are banned in some school systems already.

Today at Little Bennett....



- Cookies
- Doritos
- Peanut butter and jelly on WHITE bread
- Juicy Juice (fancy sugar water!)
- Where are the fruits and vegetables?
- Where are the whole grains?
- YIKES!

SODAS...AN EPIDEMIC ON THE RISE?

- The researchers note that **soda consumption of soda among children and adolescents rose 41%** between 1989-1991 and 1994-1995
- Among children aged 2 to 5:
 - **34% drank soda**
- In those aged 12 to 17:
 - **68% of boys and 63% of girls drank soda**

Soda drinkers were less likely to get the recommended levels of:

- **vitamin A**
- **calcium**
- **magnesium**

More soda news.....

- The average American drinks **56 gallons** of soda each year!
 - Studies have linked soda to osteoporosis, obesity, tooth decay and heart disease.
 - One regular can of soda provides more than 100% of the RDA of sugar.
-

What about Diet Sodas????

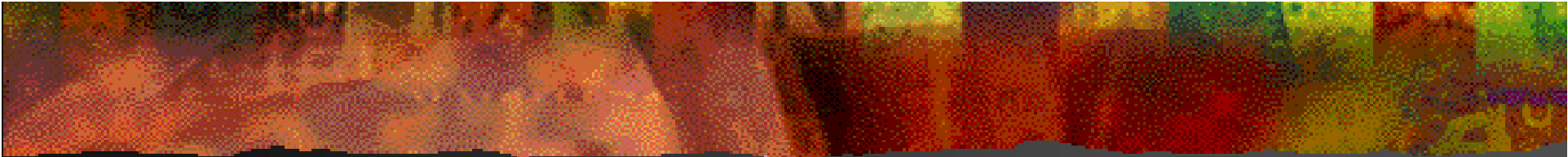
Diet sodas may not be any better....Aspartame is a key ingredient in diet sodas, and there are over 92 different health side effects associated with aspartame consumption including the following:

- *brain tumors*
 - *birth defects*
 - *diabetes*
 - *emotional disorders*
 - *epilepsy/seizures.*
-

Snickers Hungriest Player???



- One regular snickers bar provides 25% of an adult's daily fat intake.
- One Jumbo Snickers bar has 510 calories and 24 grams of fat.
- Be careful though, the label says it only has 170 calories....per serving that is! (3 servings per jumbo bar)

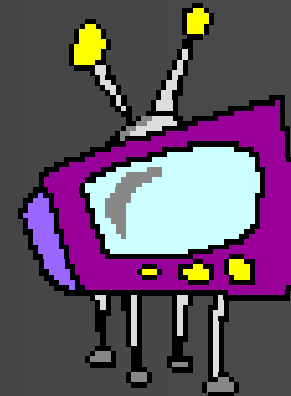


The Three-headed Monster....T.V. , Video games, and computers.

Some suggestions:

- Sit down together on Sunday and check off the shows they want to watch for the week.
- Place a limit per day.
- Have them budget their time (if they are allowed one hour per day they may need to save up to watch a movie on Friday).
- Reward them for non-monster days!
- Do not have a TV, computer or Video game player in your child's bedroom!
- Hardest of all....limit yourself! (yikes!)

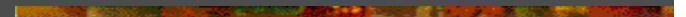
TURN IT OFF!!!!!!!!!!



A recent study has shown that....

- Kids who watch TV at mealtime eat far fewer fruits and vegetables than children who sit down to a quiet dinner.
 - in homes with high television viewing habits, children consumed more red meat, salty snacks and twice as much caffeine.
 - children who watched more TV were also more likely to eat without adult supervision or interaction.
 - Most children this age really appreciate the time they spend with their parents, instead of watching TV!
-

Remember....an unhealthy child
is an unhappy child!



Soooo, now what?

- Decide, as a family, what changes need to be made.
 - Make your changes gradually, don't suddenly change everything at once.
 - Walk the walk, don't just talk the talk!
 - HAVE FUN!!!!!!
-