

HEALTH NEWS

YOU CAN USE



Children seldom misquote. In fact, they usually repeat word for word what you shouldn't have said.

~Author Unknown

I Pledge to Live Healthier by:
Eating from the five food groups
Being active at least 60 minutes each day
Drinking lots of water
Reducing my screen time
Getting plenty of sleep at night

FITNESS

Adults are role models for kids, whether you are a teacher, parent or other relative, park staff or neighbor. Children see what we do, and they take their cues from us. Following are examples of activities that can be done in the home, both by adults and children. Park staff and other adults can demonstrate these and encourage children to take the lead at home and suggest these to their parents.

Kitchen Sink

When you have dishes to wash or food to prepare, do calf exercises: lift yourself up and down on your tiptoes. Done regularly, you will see a difference in how many calf lifts you can do.

Commercial Break

For television watchers, commercials provide opportunities for bursts of exercise. Make a commitment to do "commercial fitness" for one hour. Start slowly, warming up during the first commercial by marching in place, and gradually increase the intensity of exercise with each commercial. Do sit-ups, push-ups, jumping jacks or crunches during commercials and when the program comes back on, walk in place to keep your heart rate up. The hour will go by before you know it.

Check it out: First Lady Michelle Obama gives tips for improving children's health at LetsMove.gov and on her July 13 [live chat](#).

FAST FACT

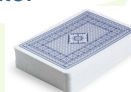
We can train children's taste buds by introducing them to healthful foods regularly. It often takes kids 5-6 times tasting something new before they like it, but little by little they are training their taste buds to enjoy good healthy food.



NUTRITION

Portion size: Calculating serving size can be confusing. Our plates, cups and bowls are larger than they used to be, and if we fill them up, we can overeat without realizing it. When looking at the number of calories on a label, be sure to look at how many servings are in the container. Many people are shocked to learn what a recommended portion size is. Below are serving sizes for common foods that we tend to underestimate:

Meat: One deck of cards



Potato: A computer mouse



Pasta: A tennis ball



Fruit or vegetable: A light bulb



Peanut butter: A golf ball



Bagel: A hockey puck



Children need adequate calories to meet their growth needs, but too-large portions can lead to overeating. Serve small portions to young children so they learn to eat only until satisfied. Encourage them to ask for more if they're still hungry.