

# HEALTH NEWS

## YOU CAN USE



Even when freshly washed and relieved of all obvious confections, children tend to be sticky. Fran Lebowitz

**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 ACTIVITIES

#### Partner Challenge

Divide children into pairs and have each pair stand facing each other along a line. The leader gives the group a challenge, e.g. "Pass the ball back and forth 10 times" or "Each of you do 10 jumping jacks while your partner counts them." After each pair finishes the challenge, they join hands and run to the leader's side. You can do several challenges and see which pair earns the most points for finishing first.

#### Spider Limbo

This is played just like the regular limbo with the exception that the players can go under the bar any way they like as long as nothing touches the floor except their feet. You'll be surprised how many ways there are to go under that bar!

#### Body Add-On Memory Game

One player makes a motion, e.g. stomp a foot, clap, jump up, twirl around, snap fingers. The next player does what the first did and adds another motion. The next player does the first two and adds their own, etc. Play until someone can't remember all the movements; then start over with the child who couldn't remember.

*\*Activities from Mike Spiller, Games of the World*

### FAST FACT

*Send the kids to the pool! There is no better way to cool off, or get fit, than to spend time in the water. Swimming burns more calories per hour than almost any other activity, and it's been shown to improve cardiovascular health and lead to greater strength and flexibility.*



### NUTRITION RESEARCH

#### Eat the rainbow with fruits and vegetables

**Red fruits and vegetables** like tomatoes, watermelon and pink grapefruit may help reduce risk of several types of cancer, especially prostate cancer.

Strawberries, raspberries, red grapes and other fruits and vegetables act as powerful antioxidants to protect cells from damage and keep hearts healthy.

**Orange/yellow fruits and vegetables** such as sweet potatoes, pumpkin and carrots help maintain healthy mucous membranes and healthy eyes and can help reduce risk of cancer and heart disease and improve immune system function.

**Green fruits and vegetables** like spinach and other dark leafy greens, green peppers, peas, cucumber and celery help keep eyes healthy. Broccoli, cauliflower, and cabbage may help protect against some types of cancer.

**Blue/purple fruits and vegetables**, e.g. blueberries, grapes and raisins, act as powerful antioxidants to protect cells from damage. They may help reduce the risk of cancer, stroke and heart disease. Eating more blueberries is linked with improved memory function and healthy aging.

White fruits and vegetables may contain health-promoting chemicals that may help lower cholesterol and blood pressure and reduce risk of stomach cancer and heart disease. Some members of the white group, such as bananas and potatoes, are good sources of the mineral potassium.

\*Condensed from  
<http://www.ag.ndsu.edu/pubs/yf/foods/fn595w.htm>