

HEALTH NEWS

YOU CAN USE



It's back-to-school time when kids who spent the summer being active are now standing on a corner waiting for the bus to carry them three blocks to school.

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

Stretching for Kids and Adults Stretching before and after physical activity prevents injury, maintains flexibility, improves blood circulation, and increases range of motion. Kids may lose flexibility when bones grow faster than muscles. Be sure to warm up with light aerobic activity, e.g. walking, before stretching.

~**Arms**—Stand with feet shoulder-width apart. Clasp hands together so fingers interlace. Raise both arms overhead; hold for 10 seconds. Relax and repeat, leaning first to left and then to right.

~**Arms**—Stand with feet shoulder-width apart. Hold arms straight out to the sides with palms facing down. Move arms slowly in small circles, gradually making larger circles. Reverse the direction of the arm swings.

~**Legs**—Sit on the ground and extend both legs straight in front. Reach for toes with both hands, keeping back flat and not bending knees. Hold for 10 seconds.

~**Legs**—While standing, bend one leg at the knee and pull foot back, holding foot with hand for 10 seconds. Repeat with other leg. This also helps with balance.

~**Neck**--Tilt head toward shoulder and hold for 10 seconds. Return to center and then tilt head toward other shoulder. Repeat several times.

FAST FACT

The only time you should hold your breath while exercising is when you're swimming underwater.



NUTRITION RESEARCH

Alarming statistics about obesity and poor nutrition from the Centers for Disease Control and Prevention (CDC) demonstrate the importance of our role in educating children about the need to eat nutritiously.

~**Hunger and inadequate nutrition** in children are associated with poor behavior and academic performance.

~**Eighty-five percent of adolescent females do not consume enough calcium.** In the last 25 years, consumption of milk, the largest source of calcium, has decreased 36% among adolescent females. From 1978 to 1998, average daily soft drink consumption almost doubled among adolescent females, increasing from 6 to 11 ounces, and almost tripled in adolescent males, from 7 to 19 ounces.

~The percentage of **young people who eat breakfast** decreases with age: while 92% of children ages 6–11 eat breakfast, only 77% of adolescents ages 12–19 eat breakfast.

~**Overweight and obesity**, influenced by poor diet and inactivity, are significantly associated with high blood pressure, high cholesterol, asthma, joint problems, and overall poor health status.

~As **obesity** rates have risen, so has the prevalence of **Type 2 diabetes**. A CDC study estimates that one in three American children born in 2000 will develop diabetes in their lifetime.