



For The Health of your Heart...

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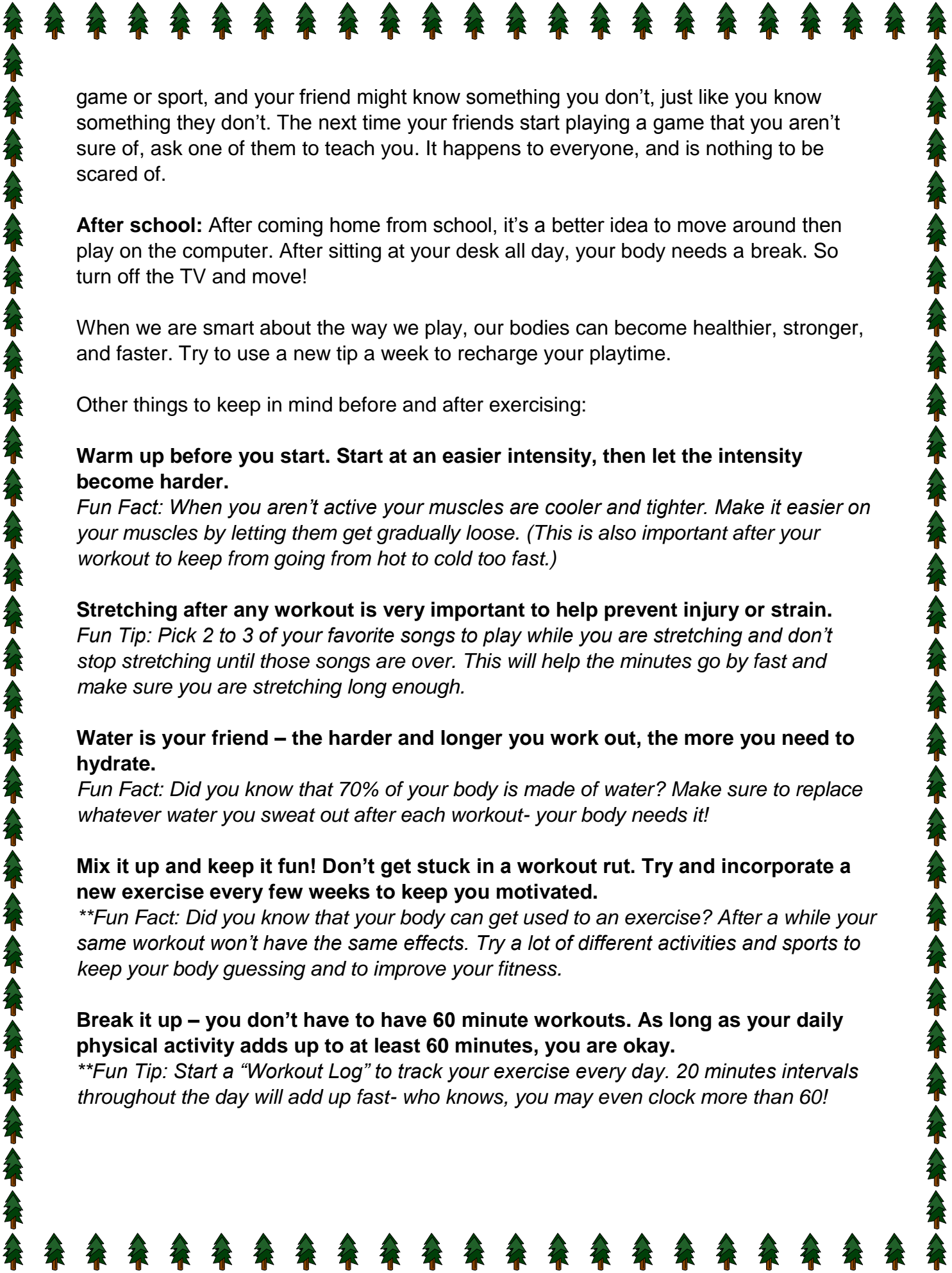
Dear Parents, wish you all a very happy and prosperous new year. Hope you had a great winter break. I am reaching out to the kids via this newsletter. Please take the time to read it out to them...

I'll bet your parents are always telling you to get that "healthy lifestyle" in place. They really don't need to. I, on the other hand, *do* need to. (It's my job!) The first half of a healthy lifestyle is staying physically active. Kids like you require about 60 minutes of physical activity a day. That's only 1 hour, for those of you who don't like math (I know I don't!). It sounds like a lot, but it can be made a lot easier with a few of these handy-dandy tips I have:

Physical activity is easy: How often are you physically active? It's actually a lot more than you think! Being physically active doesn't have to be a hard or scary thing. Riding bikes, jumping rope, playing hopscotch, and running around the house when it's time to take a bath and you just don't want to are all types of physical activity. A good way to make exercising fun is to make up your own games where you get up and move. It is lots more fun when you play your own game that came out of your own smart brain!

Keep it exciting: Talk to all of your friends and play a different game each week with them. This is a super good way to find a new favorite game to teach to your mum and dad!

On the playground: Do you want to know a secret? I sometimes don't know how to play some of the games my friends play. Actually, nobody knows how to play every



game or sport, and your friend might know something you don't, just like you know something they don't. The next time your friends start playing a game that you aren't sure of, ask one of them to teach you. It happens to everyone, and is nothing to be scared of.

After school: After coming home from school, it's a better idea to move around than play on the computer. After sitting at your desk all day, your body needs a break. So turn off the TV and move!

When we are smart about the way we play, our bodies can become healthier, stronger, and faster. Try to use a new tip a week to recharge your playtime.

Other things to keep in mind before and after exercising:

Warm up before you start. Start at an easier intensity, then let the intensity become harder.

Fun Fact: When you aren't active your muscles are cooler and tighter. Make it easier on your muscles by letting them get gradually loose. (This is also important after your workout to keep from going from hot to cold too fast.)

Stretching after any workout is very important to help prevent injury or strain.

Fun Tip: Pick 2 to 3 of your favorite songs to play while you are stretching and don't stop stretching until those songs are over. This will help the minutes go by fast and make sure you are stretching long enough.

Water is your friend – the harder and longer you work out, the more you need to hydrate.

Fun Fact: Did you know that 70% of your body is made of water? Make sure to replace whatever water you sweat out after each workout- your body needs it!

Mix it up and keep it fun! Don't get stuck in a workout rut. Try and incorporate a new exercise every few weeks to keep you motivated.

***Fun Fact: Did you know that your body can get used to an exercise? After a while your same workout won't have the same effects. Try a lot of different activities and sports to keep your body guessing and to improve your fitness.*

Break it up – you don't have to have 60 minute workouts. As long as your daily physical activity adds up to at least 60 minutes, you are okay.

***Fun Tip: Start a "Workout Log" to track your exercise every day. 20 minutes intervals throughout the day will add up fast- who knows, you may even clock more than 60!*



5 Ways that Play can Change your Day

It doesn't matter how you move, as long as you're physically active. Move until you breathe hard or break a sweat and you will be doing great things for your body and physical health. Here are five changes you may start noticing today:

Being physically active will help you improve your sleep.

Fun Fact: Your body and your brain communicate constantly. By being physically active during the day your body can send the "I am tired" message instead of the "I am still awake" message when you are going to bed.

Physical activity can give you a better attitude and give you an extra energy boost during the day.

Fun Fact: Drinking a caffeinated beverage (like coffee, energy drinks or soda) does give you an energy boost, but it will wear off after only two hours and will usually leave you more tired than you were before. Exercise releases chemicals in your body that will give you an energy boost that lasts all day.

Twenty minutes of physical activity before starting your work can help you unwind from the stress of the outside world and focus.

Fun Tip: Try and schedule your workouts before you sit down to do your homework or keep a basketball or jump rope by your desk for a quick break to regain focus.

Exercising with your friends is a great way to bond with your friends and to even make new ones.

Fun Tip: Join a community sports team or organize your friends for an after-school game of pick-up. Not only will your workouts be more fun, but your friends will be counting on you to show up helping to make sure you don't miss your 60 minutes.

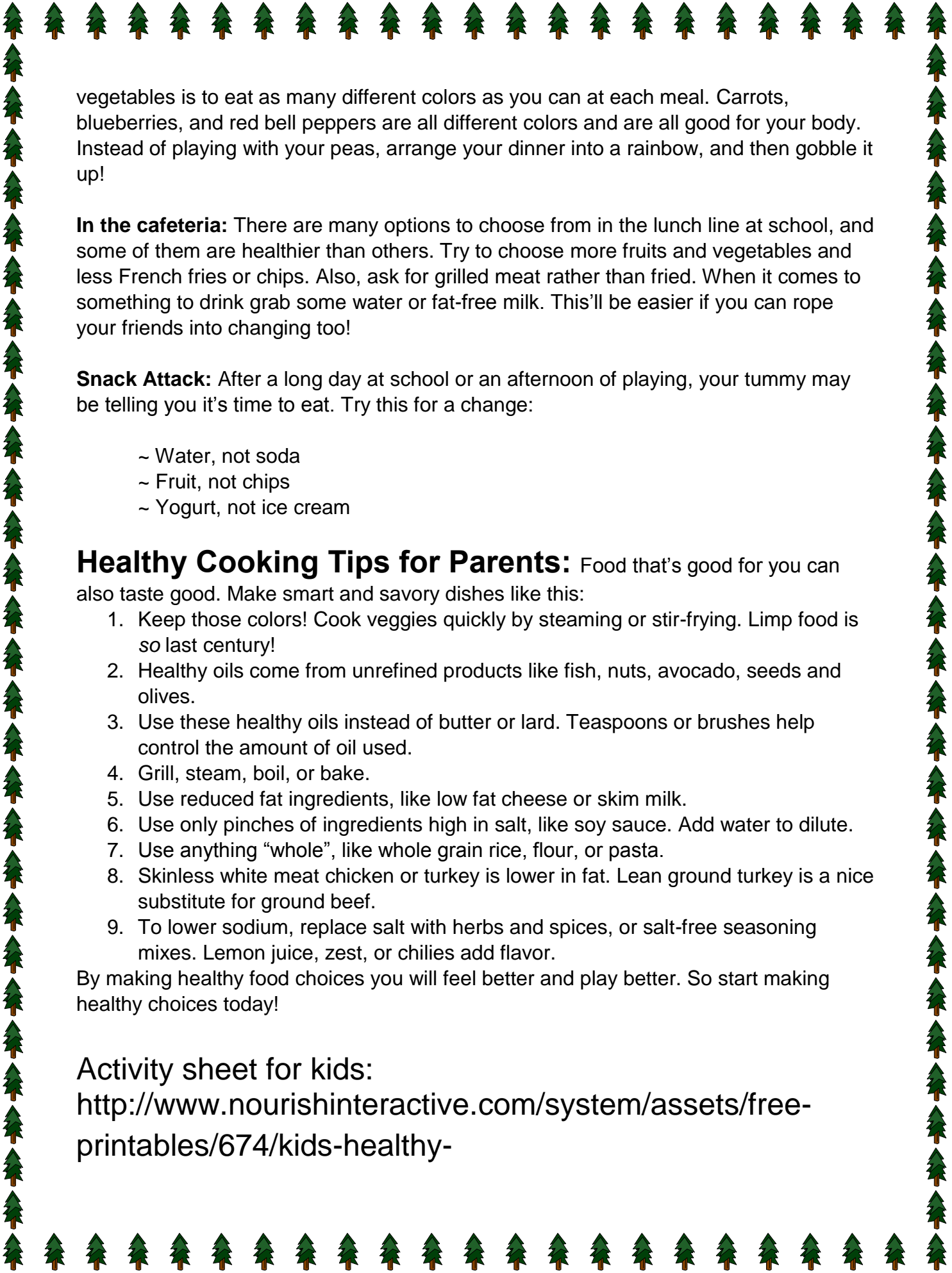
Make stretching part of your pre- and post- workout sessions to enhance your coordination and balance.

Fun Fact: Most sports injuries can be prevented by maintaining flexibility. Ensure your time in the game and not on the bench by stretching every day.

Happy, Healthy Eating

Part two: Food. (Bet your mouth started watering, didn't it?) Eating is an important part of our lives. The healthy foods we eat help our body to grow, run, walk, think, move, sleep, and fight off germs. But did you know that some foods can actually hurt our bodies? Here are some tips on how to make sure you are getting enough of the foods your body needs to do its job well:

Eat the rainbow: A fun and tasty way to make sure you are eating enough fruits and



vegetables is to eat as many different colors as you can at each meal. Carrots, blueberries, and red bell peppers are all different colors and are all good for your body. Instead of playing with your peas, arrange your dinner into a rainbow, and then gobble it up!

In the cafeteria: There are many options to choose from in the lunch line at school, and some of them are healthier than others. Try to choose more fruits and vegetables and less French fries or chips. Also, ask for grilled meat rather than fried. When it comes to something to drink grab some water or fat-free milk. This'll be easier if you can rope your friends into changing too!

Snack Attack: After a long day at school or an afternoon of playing, your tummy may be telling you it's time to eat. Try this for a change:

- ~ Water, not soda
- ~ Fruit, not chips
- ~ Yogurt, not ice cream

Healthy Cooking Tips for Parents: Food that's good for you can also taste good. Make smart and savory dishes like this:

1. Keep those colors! Cook veggies quickly by steaming or stir-frying. Limp food is so last century!
2. Healthy oils come from unrefined products like fish, nuts, avocado, seeds and olives.
3. Use these healthy oils instead of butter or lard. Teaspoons or brushes help control the amount of oil used.
4. Grill, steam, boil, or bake.
5. Use reduced fat ingredients, like low fat cheese or skim milk.
6. Use only pinches of ingredients high in salt, like soy sauce. Add water to dilute.
7. Use anything "whole", like whole grain rice, flour, or pasta.
8. Skinless white meat chicken or turkey is lower in fat. Lean ground turkey is a nice substitute for ground beef.
9. To lower sodium, replace salt with herbs and spices, or salt-free seasoning mixes. Lemon juice, zest, or chilies add flavor.

By making healthy food choices you will feel better and play better. So start making healthy choices today!

Activity sheet for kids:

<http://www.nourishinteractive.com/system/assets/free-printables/674/kids-healthy->