



www.HealthyCarroll.org



Fun Fitness for Successful Kids

Help your children to be healthier and more successful at school. Regular activity - at least 60 minutes a day - helps children grow strong, stay well, and maintain a healthy weight. There is mounting evidence that moderate to vigorous physical activity helps children's brains too! Here are some suggestions to keep the kids active:

Project ACES – Active Children Excel in School Challenge

The 11th annual challenge will be held from October 5 – 18, 2009, and aims to improve health by increasing daily activity. Elementary students, teachers, and staff will track the amount of time spent being active, aiming for a total of at least 60 minutes a day. Parents are encouraged to be active with their children to help them meet their goal. Carroll County elementary schools will participate and earn trophies and cash awards.

Exploratory play

The American Academy of Pediatrics believes active play is so essential for kids that they published a ten-page paper on getting families to play together more. They reported that play helps children mentally, physically, socially, and emotionally. Turn off the TV and go explore the yard, the neighborhood, the playground, or the park. Explore on your feet, on a bike, or in a canoe. Splash in a stream, tumble in the leaves, or do somersaults in the grass.

Organized activities

Active play can be organized - by adults or children. Think about all the “old-fashioned” activities that families enjoyed before everyone was glued to their favorite form of screen entertainment. There are active indoor games such as Simon Says or Twister®. There are dozens of games to play outdoors - from hopscotch, jump rope, and dodge ball to Frisbee®, badminton, and volleyball. You can also organize trips to the bowling alley, skate park or skating rink.

Competitive athletics

Team sports also provide opportunities for physical activity - so long as kids actually get to play sports that they enjoy. Sign your children up for sports that they want to play - rather than the ones you played (or wished you had played) as a child. Different children excel at and enjoy different types of activities; some do not enjoy competitive sports at all. Attend practices regularly to make certain that all children are getting equal chances to play - rather than just sitting on the bench.

Look for opportunities to be more active as a family and everyone will benefit!

The Healthy Carroll resource guide has more ideas about how and where families can be more active. View it at www.HealthyCarroll.org or call 410-871-6373 to receive a copy.

L.E.A.N. Carroll

A family approach to healthy weight