

Resources:

- **KidsHealth**
www.kidshealth.org
Health information about children from before birth through adolescence.
- **Keep Kids Healthy**
www.keepkidshealthy.com/index.html
Resources for parents and teachers
- **Mayo Clinic Children's Health**
www.mayoclinic.com/health/childrens-health/CC99999
Information about managing health, understanding child development and exploring parenting issues.
- **Get Kids Moving**
www.getkidsmoving.com/
Resources and information on preventing childhood obesity
- **BAM from the Centers for Disease Control**
www.bam.gov/
Information about fitness, disease prevention, body and mind
- **American Academy of Pediatrics**
www.aap.org/
Information on optimal physical, mental and social health
- **Colgate's Kids World**
<http://www.colgate.com/app/Kids-World/US/HomePage.cvsp>
Dental, nutritional information and games
- **Dole 5 a Day**
<http://www.dole5aday.com>
Information about nutrition and foods
- **FDA's Kid's Home Page from the Food and Drug Administration**
<http://www.fda.gov/oc/opacom/kids/default.htm>

Fitness for the family

Fifteen minutes of activity a day can help keep your child healthy, lower diabetes risk

A new study suggests that short bursts of exercise — as little as 15 minutes — can dramatically reduce your child's risk of Type 2 diabetes. (Thirty minutes a day or more of exercise is needed to reduce yours.) Build in workouts for your children and yourself with the following:

6-18 months:

- Swim together.
- Build a sand castle.

18 Months-5 Years:

- Play "Red Light, Green Light" (www.gameskidsplay.net).
- Home bowling (use empty water bottles and a softball).
- Dance.

5 to 8 Years:

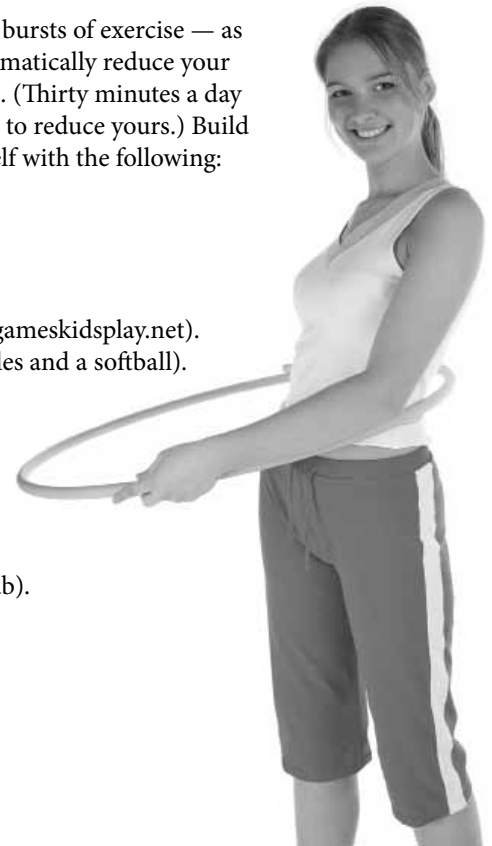
- Ride bikes.
- Go scavenging.
- Wacky noodle races in the pool.

8 to 13 Years:

- Start a walking club (10,000 Steps Club).
- Create an obstacle course.
- In-line skating clubs.
- Go to a bike trail or hiking trail.

13 Years & up:

- Get gardening.
- Bike race.
- Hula hoop.



-Source: Fitness Magazine, www.fitnessmagazine.com

Kids tend to gain three times as much weight during the summer as they do during the school year. To help combat this, limit your child's television and video game time to no more than two hours per day. Also remember that when school's out, it's important for kids to eat a nutritious diet as well as exercise.



Easy ways to eat smart

- Eat breakfast every day.
- Read food labels.
- Make a healthy meal for your family.
- Drink nonfat or low-fat milk.
- Drink plenty of water.
- Only eat when you are hungry.
- Sit at the table to eat rather than in front of the television.
- Don't eat before bed.
- Don't keep junk food in the house.
- Watch your portion sizes.

Check labels to ensure calorie content

There can be a wide range of difference between “calorie free,” “low calorie,” and “reduced calorie” foods. Just because a food item may claim to have fewer calories, it is still important to read the label to see how many calories there are according to the serving size. Some people tend to overdo it when they see these messages. Here's the skinny on how to understand calories:

- **Calorie free** contains fewer than five calories per serving.
- **Low calorie** is 40 calories or fewer.
- **Reduced or fewer calories** is at least 25% fewer calories.
- **Light** contains one-third fewer calories or 50% less fat.

Source: American Dietetic Association

Getting enough vitamin D can be as easy as going outside

Getting adequate amounts of vitamin D can be vital to our bones, as well as maintaining muscle strength, and lowering diabetes and cancer risk. Recent research has identified a long list of physiological functions in which vitamin



D plays an important role. Immune system function, insulin secretion, blood pressure regulation and brain development are just a few. Given the total-body impact, it's no wonder that D is making headlines as the vitamin of the year.

Tuna, salmon and fortified foods like milk and orange juice are good sources of vitamin D, but sunlight is often the best source. Its rays trigger the body to produce the nutrient, and a 10- to 20-minute stroll each day yields an abundant dose. Those living in colder climates may have to depend on food-based vitamin D during the winter months.

How much of the sunshine vitamin do you need? About 1,500 IU each day is adequate to reap the protective rewards. Currently the recommended daily dose is comparatively low: just 400-600 IU, but many public health experts are calling for the recommendations to be raised to 1,000-2,000 IU, the current upper limit considered safe for adults.

Source: RealAge, Inc. and the Journal of Clinical Nutrition

Wash your hands to combat germs

Hand washing is one of the best ways to prevent the spread of infection, according to the federal Centers for Disease Control and Prevention. The germs we carry on our hands can spread illnesses such as flu, diarrhea, colds and other more serious, sometimes even life-threatening, diseases. Hand washing when done correctly can help us stay healthy and avoid spreading and receiving germs. Remember these tips:



- Use soap and warm water.
- Wash all surfaces thoroughly (wrists, palms, back of hands, fingers and under fingernails).
- Rub hands together for at least 15-20 seconds (about the time it takes to sing “Now I Know My ABCs” at a moderate tempo).
- Use a clean or disposable towel when drying hands.
- Apply hand lotion after washing to help prevent or soothe dry skin.

Source: www.cdc.gov