

February 2009 Parent Newsletter

Hello Parents,

Happy New Year!

It's me Wally Cat. As you know I gained a few pounds over the holidays. I am working hard to get back in shape by eating right and exercising.

I want to thank all of the parents across the state who have encouraged their children to email me their ideas about how to eat right and tips for exercising.

In fact, one of my WildCub or WildCat friends wrote the following:

Dear Wally,

*My name is **. I know how to eat right and exercise.*

Some things I do to get active are skateboarding and basketball. I play basketball three times a week and practice a lot at home. Skateboarding is awesome, I have been skateboarding ever since I was five years old and I have learned a lot of cool tricks. My favorite thing to do on a skateboard is a kick flip! After my basketball games I drink cool water and eat fresh apples. I do other sports like acting and dancing classes. That is how I eat right and stay active.

*Your friend, ***

I am hoping to get more great tips from kids across the state to share with everyone. We can all work together to become healthier WildCubs or WildCats. Please continue to encourage your kids to email me their ideas about how to eat right, tips for exercising, how to manage stress, and how to maintain confidence and high self-esteem.

I can be reached at Wally.Cat@uky.edu.

With your child's help, I hope to lose weight and get a little bit smaller every month. Be on the lookout for me in the March newsletter!



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296	290



Disabilities accommodated with prior notification.

Physical Activity & Kids

Not only is physical activity often associated with prolonging life and decreasing the chances that your child will develop cardiovascular disease, there are many benefits that your child can gain from regularly participating in physical activities.

Just to name a few, participating in a regular physical activity program:

- Reduces obesity and helps children maintain a healthy weight
- Helps your child maintain a healthy blood pressure
- Increases your child's self-confidence and self esteem
- Raises HDL (good cholesterol) levels
- Reduces your child's chances of developing type 2 diabetes

How can kids be motivated to become more physically active?

- Reduce the amount of time your child is allowed to sit in front of the television, play video games, or talk on the phone.
- Make the activities that you plan as fun and interactive as possible.
- Adopt an active lifestyle yourself and they will want to follow your lead!

The American Heart Association recommends (2008) that:

- All children age two and older should participate in a fun, moderately intense, physical activity each day for at least 30 minutes.
- In the event your child is not able to take 30 minutes each day to exercise, try two 15 minute or three 10 minute periods that allow them to move and participate in a physical activity that is appropriate for their age and level of development.

Keep in mind that inactive children will likely become inactive adults. All children should be physically active. The habits that children develop while they are young, both good and bad, can last a lifetime.



Sources:
<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

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