

February 2009 Youth Newsletter



Hello WildCubs & WildCats,

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 my WildCub & WildCat friends across Kentucky that sent me suggestions about how to slim down.

J.W. from Jessamine County wrote...

"Don't just stand there Wally, get moving!"

K.T. from Perry County wrote...

"Wally, you really put on some weight, too much Thanksgiving turkey and pie! You should try and not eat so much."

G.B. from Casey County wrote...

"Soccer really keeps me busy. Do you like sports Wally?"



JAN

296

FEB

290

Thanks kids for your suggestions. You all gave me some great ideas. J.W. you were right, I do have to get moving! I have been trying to exercise at least 30 minutes every day.

K.T., I have cut down on the amount that I eat each day and I am trying to watch what I eat. Instead of five pieces of fried chicken with my usual side of fries, I only ate two pieces of baked chicken with some broccoli. Guess what? I have lost 6 pounds!

G.B., soccer is a great sport and I enjoy playing, but I really love Kentucky basketball! The UK Wildcats are my favorite team! I have been working on my jump shots and trying to play a little every day. Sports are a great way to stay active and physically fit.

Exercise is fun, good for the heart, and it helps you feel good! Physical activity will help you to stay healthy and your body grow strong.



Disabilities accommodated with prior notification.

Regular physical activity can help:

- ✓ You make your heart stronger
- ✓ You get sick less
- ✓ You become stronger
- ✓ You lose any extra weight
- ✓ You improve your self-confidence
- ✓ You run faster, farther, and play longer

Keep in mind you can exercise in a lot of different ways, not just through team sports.

Below is a word-find activity with different physical activities you can do with your friends or alone. See if you can find the words hidden in the puzzle.



JUMPROPEVNMDK NSASFJZXVNZVKNSDKFJZKSDVZSKFJVBBJKDTAGMLDS
KZLSJZVJZVJMVMAJGKDFJVEJHAKBJVHAJFHVIJDAGHAKLFVBAJGLSGJHLSZ
SGHVNSDKGVHNSKDIFVBAJSFBHIDENSEEKGDRGERNKS VHSKDTAGSKEVBK
SOCCERKDGJVBKVHDSHIKINGNKLAFANLBYHIFBLSDNVLKBHXOIDFUGBHSF
SDJGHOGVBIHOBIHODIHBNSLKNBLBKJHFIO SHBBASKETBALLGHLAHIODAS
SGHAOSKATINGAGHAOGHOPSCOTCHSLKDGNOBIDFSUOGKJNLSKBVJSDFFW
SKGHISOGHISOEGHBN SKLDBVHSIODGHASELLEAPFROGOSKATEBORDINGH
BICYCLINGHOERGHNGHEJWOAGHVOLLEYBALLSGJGJGJGJEJHISGGDFJJOO

Be on the lookout for me in March!

With your help my friend, each month I will be a step closer to becoming healthier and fit. Email me with some other fun physical activities that you enjoy. Keep sending me your ideas! I can be reached at Wally.Cat@uky.edu

I can't wait to get your email.

Your friend,
Wally Cat

JUMPROPEVNMDK NSASFJZXVNZVKNSDKFJZKSDVZSKFJVBBJKDTAGMLDS
KZLSJZVJZVJMVMAJGKDFJVEJHAKBJVHAJFHVIJDAGHAKLFVBAJGLSGJHLSZ
SGHVNSDKGVHNSKDIFVBAJSFBHIDENSEEKGDRGERNKS VHSKDTAGSKEVBK
SOCCERKDGJVBKVHDSHIKINGNKLAFANLBYHIFBLSDNVLKBHXOIDFUGBHSF
SDJGHOGVBIHOBIHODIHBNSLKNBLBKJHFIO SHBBASKETBALLGHLAHIODAS
SGHAOSKATINGAGHAOGHOPSCOTCHSLKDGNOBIDFSUOGKJNLSKBVJSDFFW
SKGHISOGHISOEGHBN SKLDBVHSIODGHASELLEAPFROGOSKATEBORDINGH
BICYCLINGHOERGHNGHEJWOAGHVOLLEYBALLSGJGJGJGJEJHISGGDFJJOO

The February 2009 Youth Health Bulletin prepared by:

Travonia Brown-Hughes, Ph.D., MCH Postdoctoral Fellow, HEEL Program
University of Kentucky

Paige Blackburn Graphic Artist HEEL Program University of Kentucky

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

The development of the HEEL program was made possible by Senator Mitch McConnell with funds earmarked for the University of Kentucky, College of Agriculture, Lexington, KY and budgeted through the CSREES/USDA Federal Administration.

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