

2007 Health Bulletin for YOUth

Cooperative Extension Service

This publication compiled and edited by the H.E.E.L. Program
(Health Education through Extension Leadership) Staff

Physical Activity = A Healthier YOU!

With the school year, now behind you, it is time to decide how you will spend your free time this summer. Staying physically active will give you more energy, keep your bones, heart, and lungs strong and healthy and it will help you feel better about yourself.

Group Activities*

If you prefer activities with other people, round up a group of your friends and/or family together for a game. If you would like some time to think and relax your mind, you can do physical activity by yourself. It is important to remember that it does matter who wins or loses, it is all about being physically active.

If you prefer activities with other people, round up a group of your friends and/ or family together for a game. Here are some fun and exciting outdoor group activities:

- Tug-of-War
- Tag
- Hide-and-go-seek
- Sports, such as soccer, baseball, basketball, swimming, softball, volleyball, tennis
- Hopscotch
- Double Dutch
- Biking
- Hiking and fishing
- Races, such as potato sack, running, skipping, hopping and relay



Solo Activities*

With the permission and supervision of an adult and/or parent, for days you would rather have fun and be physically active by yourself, try:

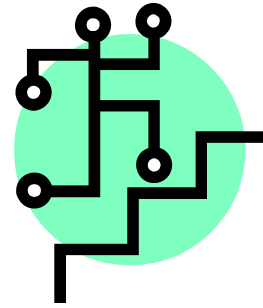
- Walking the dog
- Walking or ride your bike to school or the store
- Walking or jogging
- Jump rope
- Skating
- Dancing
- Helping adults doing yard work or gardening
- Helping adults cleaning the house



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Other things that you and your family can do to remain physically active are to:

- Take the stairs
- Park farther away from your destination
- Do not use the remote control, unless it is necessary
- Decrease the time you spend:
 - Playing video games
 - Watching television
 - Talking on the phone
 - On the computer
 - Being Inactive



Remember, the intention of physical activity is not to be difficult or painful. This is a time where you, friends, and/or family can have fun, get moving and most importantly, physical activity will improve your health.

Here is a fun, classic outdoor game you can play with your family and friends called **Capture the Flag!**

Rules

Choose boundaries for two teams with a middle line. Each team hides its “flag” (a bandanna works well) somewhere on its side of the field, the flag must be visible when you approach it, not concealed. Each team also chooses an area for its jail. The object of the game is to find the other team’s flag and bring it back to the middle line. When a player crosses over to the opponent’s side to search for the flag, he can be tagged and put in jail. Players are freed from jail when tagged by a teammate. The game ends when one team captures the other’s flag (Focus on the Family, 2005).

This game can be found on the Focus on the Family’s website at <http://www.focusonyourchild.com/entertain/art1/A0000478.html#flag>.

For a listing of other fun and exciting outdoor games, go to <http://www.gameskidsplay.net/>

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For more information on health issues in Kentucky, please visit: www.ca.uky.edu/HEEL

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The **July 2007 Health Bulletin for YOUth** was prepared by:

Winthrop Payne
UK Cooperative Extension
HEEL Program

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