UK UNIVERSITY OF **Kentucky®** College of Agriculture
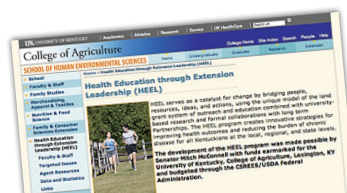
Visit our website!

The UK HEEL program website is packed with useful information, including previous health bulletins. Visit us at www.ca.uky.edu/HEEL

YOUTH HEALTH BULLETIN

OCTOBER 2009

Hello Wild Cubs and Wild Cats,

I would like to thank all of my Wild Cat and Wild Cub friends who sent in a poem for the Wally Cat Summer Poetry Contest. The winner of the Wally Cat Summer Poetry Contest is Kendall W . Kendall got the most votes.

Kendall wins the Wally Cat Hooooooooweeel Award for Best Summer Poem.

Summer to me means that I am carefree
Free to learn, free to explore,
*   free to ride my bike some more*
Summer means baseball games
*   and hot dogs in the park,*
Even after it gets dark.
Summer to me means sitting in my favorite chair,
Playing video games while my friends stare
Summer sometimes makes me sigh…because before you know it,
You have to say goodbye

— Kendall W.

Thanks again Kendall for a job well done!!!

Wally Cat is trying to get in shape and I would like some suggestions from my Kentucky friends about exercises I can do and healthy food choices I can make. Email me at Wally.Cat@uky.edu and let me know.

Wally Cat 🐾

HOW DO YOU BECOME A HEART-HEALTHY KID?

Not only will regular physical activity and a healthy diet help you live longer, these healthy habits can also keep your heart healthy and strong.

Here are some tips to help your heart remain healthy and strong:

● Instead of watching TV, playing video games, or sitting in front of a computer for hours, why not throw the football with family and friends, play a game of baseball, walk the dog, dance to your favorite tune, or shoot some hoops in the backyard.

● Next time your parent or guardian tells you to go outside and play, invite them to come along and play a game with you. See who can run the farthest or sink the most basketball shots.

● If you are a little nervous about trying out for a team sport, build-up your confidence by practicing with family or friends. With practice you will get better and better. Just remember to some have fun.

● If team sports are not your thing, no problem, there lots of individual sports and activities you can participant in. Try swimming, dancing, bike riding, skateboarding, cycling, yoga, or walking as fun alternatives to team sports.

● Limit the amount of time you play video games, watch TV, or sit in front of your computer. You burn up a lot more calories when you are up moving around.

● Instead of snacking on unhealthy foods like chips, sodas, and candy bars, choose fruits, vegetables, and water.

● It is a lot easier to convince your brothers, sisters, or friends to eat healthy food and exercise if you do it yourself. Practice making healthy food choices and being physically active so they will want to be just like you.

● Make dinnertime fun family time. Ask you parent or guardian if you can help out in the kitchen. Create fun low-fat tasty dishes and amaze your family and friends with your cooking skills.

WORD SEARCH PUZZLE

Y	G	N	I	N	N	U	R	T
E	H	U	H	O	J	X	G	B
E	I	T	D	L	S	F	N	H
R	A	T	L	T	L	E	I	S
F	L	C	I	A	T	L	K	T
T	N	U	N	A	E	L	I	R
A	R	V	L	D	U	H	B	O
F	E	N	E	R	G	Y	J	P
E	E	R	F	R	A	G	U	S

BIKING
ENERGY
FATFREE
FRUITS
HEALTHY
LEAN
RUNNING
SPORTS
SUGARFREE

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