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Physical Activity Newsletter English - Module 6

UNM Prevention Research Center

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ACTIVITY NEWS!

MODULE 6

CHILE PROJECT GOALS

- ✓ Families will eat more fruit, vegetables, and foods made with whole grains
- ✓ Families will eat less sugar and high-fat foods
- ✓ Families will be more physically active
- ✓ Families will watch less TV

UNPLUG&PLAY!

Children spend too much time in front of the TV. Too much TV means too much time sitting. It also cuts into family time, may encourage violence, and has been linked to making children overweight.

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-432-6217.

HAPPY HOLIDAYS! At this festive time of year, it is more important than ever to stay active. When the weather gets wet and cold, it is tempting to stay inside and sit around. Do something different this year — bundle up for a game outside, or clear some space inside so that you can be active.



HOW MUCH PHYSICAL ACTIVITY?

The National Association for Sport and Physical Education says that preschool age children should get at least **two hours** of physical activity per day!

- At least one hour a day practicing skills and playing games that have simple rules.
- Help your child practice movement skills that are building blocks for more difficult movement tasks – for example balancing on one foot, which is part of skipping.
- At least one hour a day in active free play. Several hours of active free play every day is great.
- Include indoor and outdoor play in areas that are safe for large movements.
- No more than one hour at a time spent laying or sitting down (except when sleeping!)



Games For Outside

PUDDLE JUMPER: After the next rain, go outside with your child and splash in the puddles.

TAG: Put a new twist on an old game by making the players skip, hop, jump, crawl or roll. Can you think of other ways to move?



Games For Inside

TOSS WITH MY FEET: Kids try to toss a beach ball with their feet to a partner that catches it with their hands.

HIDE AND SEEK: A great game for practicing patience and counting skills.





Child Health Initiative for Lifelong Eating & Exercise

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus Project is a partnership between the University of New Mexico Prevention Research Center, your Head Start, and the New Mexico Human Services Department to provide nutrition education to families. It is a program designed to reduce the risk of obesity and diabetes in New Mexico families.

Active Play Every Day: Set up a Home Gym

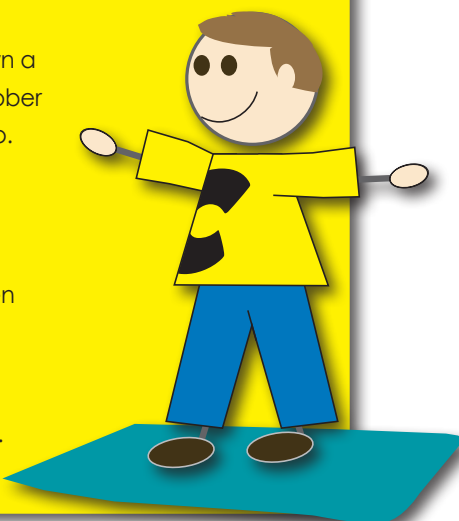


Do you ever wish you could go to a gym to get in shape? You would be surprised what you can accomplish at home without a fancy gym! With a few household items, you can set up a home gym in no time at all. These exercises are great for adults, and work for kids too if you keep them short and fun. Why not invite all your family members to join in! **Please Note:** Adults should check with their family doctor before starting an exercise program.

Floor Exercises...

Create an area for floor exercises by setting down a clean soft rug or old blanket. Make sure it has rubber backing, or is on top of carpet so that it won't slip.

- **Do some sit-ups or pushups** while your child watches or imitates you.
- Help your child **try a roll** on the mat in between your exercises.
- **Yoga Play:** make a strong interesting shape with your body and ask your child to imitate it. See who can hold it the longest!



Weights – The adults can use canned food or other kitchen items as dumbbells. Have your child use something they can hold on to easily, such as a doll or other toy that they like to play with.



Bicep Curls – Bend your arm at the elbow, raising the weight to your shoulder, then lower it slowly back to the straight starting position.

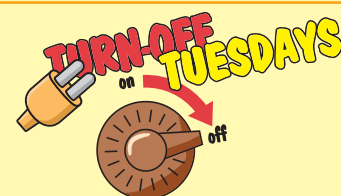
Overhead Press – With one weight in each hand, press your arms straight above your head, then return the weights to shoulder level with your arms bent.

Straight Arm Lifts – Start with arms straight at sides, lift the weight without bending your elbows until it is at shoulder level. Return to start.

Cardio – Do some simple step-ups on a stair or step inside or outside your house. Switch legs and pick knees up towards your chest! If you can't find a good step, go outside and have a short foot race with your child.

Squats – Stand against a wall. Keeping back on the wall, bend the knees into a sitting position. Keep arms in front or by your side. Hold position for 1 minute for a great thigh burning workout!

Music – Turn on the CD player or radio and play up beat music while exercising for a more enjoyable workout.



TURNING OFF THE TV CAN SAVE YOU MONEY ON YOUR ELECTRICITY BILL!

Safety Tips...

- 1 **Check with your doctor** before starting an exercise program.
- 2 **Warm Up** for 5 to 10 minutes by walking or doing exercises without weights.
- 3 **Cool down** after your work out with some stretches. I bet your child can show you some that he/she learned at Head Start!
- 4 **Stay Safe!** Keep a close eye on your child while you workout together.