

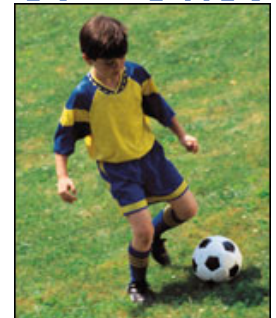
January 2010

Making the difference

School Health Services E-Newsletter

New York Statewide School Health Services Center
www.schoolhealthservicesny.com

What Can Parents Do to Get – and Keep – Their Children Active?



Resolutions

The Centers for Disease Control highlight some ways to make health your resolution.

Enjoy a new year of healthy possibilities!

<http://www.cdc.gov/Features/HealthyNewYear/>

As a parent, you can help shape your child's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.

Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.

Watch for "How much physical activity do adults need?"
Coming in February!

<http://www.cdc.gov/physicalactivity/everyone/getactive/en.html>