



PHYSICAL ACTIVITY

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With an Improving Understanding of MCH grant, FamilyVoices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. www.familyvoices.org and www.brightfuturesforfamilies.org. This digest is funded by the U.S. Department of Health and Human Services—Health Resources and Services Administration—Maternal and Child Health Bureau, Division of Child, Adolescent, and Family Health UCMC21535.

Don't Forget to S-T-R-E-T-C-H!

Heart-pumping activity is good for everybody—children and adults. It is important to warm up beforehand, and stretch the muscles during the activity. Help your child learn to warm up and stretch!

Warming up:

- Increases the heart and breathing rates
- Sends important nutrients and oxygen to the muscles
- Gets the body ready for more activity

Stretching should be done AFTER your body is warmed up, not before. It:

- Improves flexibility and posture
- Reduces the risk of muscle injuries
- Relaxes muscles

Kidshealth.org (Nemours Foundation) suggests these tips for safe stretching:

- If it hurts, stop. Stretching should not hurt!
- Hold each stretch for 10-30 seconds. No bobbing or bouncing!
- Keep breathing! Keep oxygen flowing to those hard-working muscles!
- Stretch both sides of your body equally, not just your strong side.

To read more, go to: http://kidshealth.org/teen/food_fitness/exercise/stretching.html#

Physical Health Milestones

As children grow and develop, their bodies are ready for new challenges. The PBS Parents website has age-specific information on what kind of physical activities are appropriate. Remember that not all children develop at the same rate. It is important to find ways to be physically active that are safe and appropriate for your child's needs and abilities. To find these tips and others, go to: www.pbs.org/parents/food-and-fitness/sport-and-fitness/

Here's One for the Teens: BAM!

BAM! (Body and Mind) is a website for teens created by the Centers for Disease Control and Prevention (CDC). In addition to other health information and food and nutrition tips, you'll find information designed to help teens decide what kind of physical activity they would like best.

Check it out at:

www.bam.gov/sub_physicalactivity/index.html

