

# Family Fitness = Family Fun

Handout

Presented By:

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Certified Conditioning Specialist,  
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Sponsored by NIH Child Care Board & ORS/  
Division of Amenities and Transportation Services.

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## What we will cover today:

- Importance of physical activity for you and the kids
- Physical activity guidelines
- Components of exercise and examples of activities
- Encouraging exercise at home
- Family fitness resources

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## Why is exercise important for you and the kids?

- Reduce risks for chronic disease
- Lower the risk of obesity
  - Obesity rates have increased four-fold among children in the past 40 years.
  - Today, 17 percent of U.S. children and adolescents are obese.
  - 26.2% of Maryland adults are considered obese (have a Body Mass Index (BMI) of  $\geq 30$ )
- Reduce symptoms of anxiety and depression
- Being overweight and under-exercised can reduce a person's ability to do ordinary daily activities as they age

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## How often are your kids exercising now?

- One third of adolescents are not getting recommended levels of moderate or vigorous activity
- 10 percent are completely inactive
- Physical activity levels fall as adolescents age
- **What is holding your kids back?**

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## How often are you exercising now?

- ↪ Six out of ten American adults don't exercise regularly despite the proven health benefits
- ↪ 35% of adults 18 years and older who engaged in regular leisure-time physical activity
- **What is holding you back?**

Source: <http://www.cdc.gov/nchs/fastats/exercise.htm>  
Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2009, table 29

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## What do you and the kids do in your leisure time?

- Children (and adults!) in the US are spending 25% of their waking hours watching TV
- At least 40 percent of families watch TV while eating dinner! (And tend to eat more as a result of the distraction)
- According to the A.C. Nielsen Co., the average American watches more than 4 hours of TV each day (or 28 hours/week, or 2 months of nonstop TV-watching per year). In a 65-year life, that person will have spent 9 years glued to the tube

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## Reduce sedentary activities!

- Every hour kids play video games or watch TV may **double** risk of obesity
- Between your commute, sitting at your desk at work, and time spent sitting in front of a computer screen or television screen – how much time do you spend sitting each day?
- Researchers have linked sitting for prolonged periods with a number of health problems



Source:  
[http://aspe.hhs.gov/health/reports/child\\_obesity/](http://aspe.hhs.gov/health/reports/child_obesity/)

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## Exercise & play together!

- Model habits for a healthy life. Don't single out any kid or parent—we should all exercise!
- Get your heart pumping & burn calories!
- Build family bonds & create memories
- Experience love and laughter
- Master new skills.



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## Physical Activity Guidelines for Children

- Children and adolescents should do 60 min (1 hour) or more of physical activity each day.

Consisting of:

1. Aerobic Activity
2. Muscle Strengthening
3. Bone Strengthening

Guidelines:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

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## Aerobic Activity

- Aerobic activity should make up most of your child's 60 minutes each day.
  - **moderate-intensity** (e.g., brisk walking) or
  - **vigorous-intensity** (e.g., running)
- At least 3 days per week, include vigorous-intensity aerobic activity

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## Aerobic Activities

- Jumping Rope
- Skipping
- Swimming
- Bicycling
- Kite Flying
- Basketball
- Soccer
- Walk to School
- Dancing
- Freeze Tag
- Rollerblading
- Hopscotch



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## Muscle Strengthening

- Include muscle strengthening activities (e.g., gymnastics or push-ups), at least **3 days per week**.
- Examples: Tree Climbing, Climbing on playgrounds, Gymnastics, Hiking, Rock Climbing



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## Bone Strengthening & Stretching

- Include bone strengthening activities (e.g., jumping rope or running), at least **3 days per week**.

### Strengthening

- Running
- Jumping Rope
- Hopscotch
- Basketball

### Stretching

- Yoga
- Stability Balls
- Twister

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## Physical Activity Guidelines for Adults

- Physical activity is anything that gets your body moving!
- **Adults need at least:**
  - 2 ½ hours (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week **and**
  - muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

Guidelines:  
<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

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## All calories count!

### 150 lb person for 30 min. of activity:

- Bike Riding - 300
- Frisbee - 108
- Jumping Rope - 360
- Swimming - 260
- Children's Game (4-Square) - 180
- Tennis - 250
- Rollerblading - 250

### 50 lb person for 30 min. of activity:

- Bike Riding - 120
- Frisbee - 36
- Jumping Rope - 120
- Swimming - 72
- Children's Game (4-Square) - 60
- Tennis - 84
- Rollerblading - 84

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## Drink Plenty of Water

- Before, during, and after exercise – even if they don't "feel thirsty".
  - The thirst sensation is an early sign of dehydration.
- Avoid sugary sports drinks.
- Respect hot weather, pay attention to advisories.

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## Fuel Up Before Exercise

- Fresh veggies, like carrots, celery sticks
- Snack-sized boxes of raisins
- Pretzels
- Low-fat yogurt
- Crackers, like graham crackers, animal crackers, or saltines
- Bagels
- Fig bars
- Fruit juice boxes (choose 100% pure fruit juice, or try orange juice with added calcium)
- Small pack of trail mix
- Fresh fruits such as bananas, oranges, grapes (try freezing your grapes for a new taste sensation!), and berries

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## What Can Parents Do?

- Be a role model
  - **Don't smoke** - Parents' smoking habits can greatly increase risk of their children smoking.
  - **Be active** –It is vital that we teach and encourage our kids to stay active. Couch potatoes make future couch potatoes...active kids become active adults.
  - **Have a Healthy Attitude** - You can play a powerful role in your child's development of healthy attitudes about food and nutrition. Your own body image can influence your kids.

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## More Parents Can Do

- **Eat A Variety of Healthy Foods** –The earlier you start the better! Young kids are great copycats. If they see you eating healthy foods, they'll want to copy you.
- **Take an active role in creating a healthy lifestyle for your family**- Involve your kids in the preparation of healthy, nutritious meals. Engage kids in food by letting them help with meal planning, shopping and preparing.

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## Getting Children Motivated

*Enthusiasm, interest and commitment to do **something** which minimizes pain and increases pleasure.*

- Offer positive feedback
- Let them bring a friend along
- Establish a regular routine
- Let your child be in charge
- Join in!

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## Think Outside the Box

- Is your child into computers and technology?
  - Geo-caching- hide & seek game using GPS.
  - Track fitness online (e.g., [www.LiveStrong.com](http://www.LiveStrong.com) or [www.presidentschallenge.org](http://www.presidentschallenge.org))
  - Invest in a Nintendo Wii, Xbox Kinect, or PlayStation Move
- Exercise options outside of organized sports:
  - Bowling
  - Climbing
  - Skateboarding

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## Activity Ideas for Kids (DC Metro)

- Guided bicycle tours around D.C., [www.bikethesites.com](http://www.bikethesites.com)
- Indoor Climbing Centers (ages 6 and up)  
[www.earthtreksclimbing.com/climbing-centers.html](http://www.earthtreksclimbing.com/climbing-centers.html)
- Outdoor Treetop Adventure Course at Rock Creek Regional Park, [www.GoApe.com](http://www.GoApe.com) (Min age is 10, Min height - 4 ft 7 in, Max weight - 285 pounds)
- Visit a local amusement park or water park
- Lots of walking and exploring at the National Zoo, Aquarium or museums

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## Low Cost or Free Activities

- Pack a healthy picnic and take a hike at a local park
- Pick seasonal fruit at a local orchard or plant a garden at home
- Rent paddle boats at the Tidal Basin, or rent canoes at Lake Needwood or Black Hills Regional Park
- Organize a neighborhood "Field Day" or Scavenger Hunt
- Become a US Botanic Garden Junior Botanist, its free!  
[http://www.usbg.gov/education/Junior\\_Botanist.cfm](http://www.usbg.gov/education/Junior_Botanist.cfm)

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## Low Cost or Free Activities

- Volunteer with your children – clean up the local parks, organize a food drive, animal shelters, soup kitchen, etc
- Train for a local Family Fun Run or Walk  
[www.marinemarathon.com/weekend\\_events/kids\\_run.htm](http://www.marinemarathon.com/weekend_events/kids_run.htm)
- Play miniature golf, skate parks, roller or ice skating rinks

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## What does your family do together to get fit?

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## Let's Move! Initiative

- Initiative that addresses all of the various factors that lead to childhood obesity that engages every sector of society that impacts the health of children to provide schools, families and communities the simple tools they need to help kids be more active, eat better, and get healthy.
- "The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."  
*- First Lady Michelle Obama at the Let's Move! launch on February 9, 2010*

[www.letsmove.gov](http://www.letsmove.gov)

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## Resources:

- **Ways to Enhance Children's Activity & Nutrition**
- National Childhood Obesity Prevention Program sponsored by the National Heart Lung and Blood Institute at NIH
- Offers tips, strategies for healthy nutrition, physical activity, and reducing screen time.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

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## Other Resources at NIH



- Focus on You – NIH Wellness  
<http://dats.ors.od.nih.gov/wellness/>
  - the Division of Amenities and Transportation Services (DATS) has launched this wellness website to provide NIH employees and contractors with a wide range of information and services to enhance their wellness and work/life
- NIH Fitness Center  
<http://www.recgov.org/fitness/fitness.html>
  - Full service fitness centers, multiple locations

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## Web Resources

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>  
[www.letsmove.gov](http://www.letsmove.gov)  
[www.health.gov/paguidelines/guidelines/chapter3.aspx](http://www.health.gov/paguidelines/guidelines/chapter3.aspx)  
[www.betterhealthandliving.com/articles/fast\\_fun\\_family\\_fitness](http://www.betterhealthandliving.com/articles/fast_fun_family_fitness)  
[www.washingtonpost.com/gog/dc-kids-activities.html](http://www.washingtonpost.com/gog/dc-kids-activities.html)  
[www.montgomeryparks.org/calendar/events/](http://www.montgomeryparks.org/calendar/events/)  
[www.marinemarathon.com/weekend\\_events/kids\\_run.htm](http://www.marinemarathon.com/weekend_events/kids_run.htm)  
[www.earthtreksclimbing.com/climbing-centers.html](http://www.earthtreksclimbing.com/climbing-centers.html)  
[www.goape.com](http://www.goape.com)

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## Thank You!

Please take a moment to complete the evaluation form provided, your input is appreciated.

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## Everyday Ideas to Rev Up Activity

Encourage every member of your family to increase daily physical activity and have fun at the same time. Be sure to think about what your family can be doing to build in more active time during your busy week. Here are some suggestions to consider.

### Make time

- Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for physical activity. Then, identify two of them that work as family activity time.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog with your children, exercise while you watch TV, park farther away from your destination.
- Make time for physical activity. For example, walk, jog, or swim during your lunch hour, or take fitness breaks instead of coffee breaks. Try doing something active after dinner with your family, especially on weekends.
- Select activities requiring minimal time, such as walking, jogging, or stair climbing.

### Bring others into it

- Explain your interest in physical activity to friends and family. Ask them to support your efforts.
- Invite friends and family to exercise with you. Plan social activities involving exercise. Plan a party with physically active games and activities for your family and your children's friends.
- Develop new friendships with physically active people. Join a group, such as the YMCA or a hiking club.

### Energize yourself

- Schedule physical activity for times in the day or week when you feel energetic.
- Convince yourself that if you give it a chance, physical activity will increase your energy level; then try it.

## **Stay motivated**

- Plan ahead. Make physical activity a regular part of your family's daily or weekly schedule and write it on a family activity calendar.
- Invite a friend or family member to exercise with you on a regular basis and write it on both your calendars.
- Join an exercise group or class. Enroll your children in community sports teams or lessons.
- Select activities requiring no new skills, such as walking, climbing stairs, or jogging.
- Exercise with friends who are at the same skill level as you are. Create opportunities for your children to be active with friends.

## **Build new skills**

- Find a friend who is willing to teach you some new skills.
- Take a class to develop new skills and enroll your children in classes too, such as swimming, gymnastics, or tennis.

## **Use available resources**

- Select activities that require minimal facilities or equipment, such as walking, jogging, jumping rope, or stretching and strengthening movements.
- Identify inexpensive, convenient resources available in your community, such as community education programs, park and recreation programs, and work site programs.

## **Make the most of all conditions**

- Develop a set of regular activities for you and your family that are always available regardless of weather, such as indoor cycling, aerobic dance, indoor swimming, stretching and strengthening movements, stair climbing, rope skipping, mall walking, dancing, and gymnasium games.
- Look at outdoor activities that depend on weather conditions, such as cross-country skiing, outdoor swimming, and outdoor tennis as "bonuses"—extra activities possible when weather and circumstances permit.

*Adapted from: "How Can I Overcome Challenges to Physical Activity?" Centers for Disease Control and Prevention's Division of Nutrition and Physical Activity.*

[www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm](http://www.cdc.gov/nccdphp/dnpa/physical/life/overcome.htm)

**We Can!**<sup>™</sup> is a [trademark](#) of the U.S. Department of Health and Human Services.

# We Can! Try Tips To Eat Well and Move More

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Choose to take small steps today! Try these tips to eat well and move more and see how easy taking small steps toward a healthier life can be.

## Eating Well (ENERGY IN)

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- Drink water before a meal.
- Eat half your dessert, or choose fruit as dessert.
- Avoid food portions larger than your fist.
- Drink diet soda instead of regular soda.
- Eat off smaller plates.
- Don't eat late at night.
- Skip buffets.
- Grill, steam, or bake instead of frying.
- Share an entree with a friend.
- Eat before grocery shopping.
- Choose a checkout line without a candy display.
- Make a grocery list before you shop.
- Drink water or low-fat milk over soda and other sugary drinks.
- Flavor foods with herbs, spices, and other low-fat seasonings.
- Keep to a regular eating schedule.
- Eat before you get too hungry.
- Don't skip breakfast.
- Stop eating when you are full.
- Snack on fruits and vegetables.
- Top your favorite cereal with apples or bananas.
- Include several servings of whole-grain foods daily.
- If main dishes are too big, choose an appetizer or a side dish instead.
- Ask for salad dressing “on the side.”
- Don't take seconds.
- Try a green salad instead of fries.
- Eat sweet foods in small amounts.
- Cut back on added fats or oils in cooking or spreads.
- Cut high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces.
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and other condiments.
- Replace sugar-sweetened beverages with water and add a twist of lemon or lime.
- Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.
- Try a new fruit or vegetable (ever had jicama, plantain, bok choy, star fruit, or papaya?)
- Instead of eating out, bring a healthy, low-calorie lunch to work.
- Ask your sweetie to bring you fruit or flowers instead of chocolate.

## Moving More (ENERGY OUT)

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- Walk your children to school.
- Take a family walk after dinner.
- Join an exercise group and enroll your children in community sports teams or lessons.
- Replace a Sunday drive with a Sunday walk.
- Do yard work. Get your children to help rake, weed, plant, etc.
- Get off the bus a stop early and walk.
- Work around the house. Ask your children for help doing active chores.
- Walk the dog to the park.
- Go for a half-hour walk instead of watching TV.
- Pace the sidelines at kids' athletic games.
- Choose an activity that fits into your daily life. Being physically active with your family is a great way to spend time together.
- Park farther from the store and walk.
- Use an exercise video with your kids if the weather is bad.
- Avoid labor-saving devices, such as a remote control or electric mixers.
- Play with your kids 30 minutes a day.
- Dance to music. Play your favorite dance music for your children and have them play their favorites for you.
- Make a Saturday morning walk a family habit.
- Walk briskly in the mall.
- Choose activities you enjoy—you'll be more likely to stick with them. Ask children what activities they want to do.
- Explore new physical activities.
- Acknowledge your efforts with non-food related rewards, such as a family day at the park, lake, or zoo.
- Take the stairs instead of the escalator.
- Swim with your kids.
- Turn off the TV and play ball at the park.
- Take your dog on longer walks.
- When walking, go up the hills instead of around them.
- Use a family activity planner to make time each day for activity.
- Buy a set of hand weights and play a round of Simon Says with your kids—you do it with the weights, they do it without.

Source: Adapted from [www.smallstep.gov](http://www.smallstep.gov)

## Moving More (ENERGY OUT)

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Source: Adapted from [www.smallstep.gov](http://www.smallstep.gov)

# We Can! Try Tips To Eat Well and Move More Tracking Sheet

Pick a tip each week from the list of Everyday tips to help you eat well and move more! Fill in the tips on this tracking chart to encourage you to keep it up. Put the tracking sheet on your refrigerator or other central location for your family to see that you are making steps toward maintaining a healthy weight.

Week	Eating Well Tip	Moving More Tip	Notes
Week 1 (___/___)			
Week 2 (___/___)			
Week 3 (___/___)			
Week 4 (___/___)			
Week 5 (___/___)			
Week 6 (___/___)			



# We Can! Reduce Children's Screen Time Log

Print and complete this log to determine how much time you are spending in front of a screen. Help your family do the same. Place the log in an easy location for everyone to use and see, such as near the family television, by the computer, or on the refrigerator. If screen time for you or your family members is less than 2 hours a day, pat yourselves on the back! If it's 2 hours or more, then check out the Get Moving section to help you reduce your screen time and switch to some physically active alternatives.

## SAMPLE LOG

Name: Billy (age 11)

Week of: 6/6/2005

We Can! Reduce Children's Screen Time Log					
	TV	Video Games	DVD	Computer/Internet	Time (hours)
<b>Monday</b>	2 hours	1 hour		1 hour	4 hours
<b>Tuesday</b>	3 hours	1 <sup>1</sup> / <sub>2</sub> hours		1 hour	5 <sup>1</sup> / <sub>2</sub> hours
<b>Wednesday</b>	1 <sup>1</sup> / <sub>2</sub> hours	1 hour	2 <sup>1</sup> / <sub>2</sub> hours	<sup>1</sup> / <sub>2</sub> hour	5 <sup>1</sup> / <sub>2</sub> hours
<b>Thursday</b>	4 hours			1 hour	5 hours
<b>Friday</b>	4 hours	1 hour			5 hours
<b>Saturday</b>	3 hours	2 hours	2 hours	1 hour	8 hours
<b>Sunday</b>	2 hours	1 hour	2 hours	2 hours	7 hours
					<b>TOTAL: 40 hrs</b>

Name: \_\_\_\_\_

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TV	Video Games	DVD	Computer/Internet	Time (hours)
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
					<b>TOTAL:</b>



# We Can! Fit In Daily Physical Activity

Type of Activity	What day of the week	What time of the day	Who will participate	Other notes	Did we do it?
<i>Example 1:</i> Walking the dog	Every day	7 AM and 5 PM	Mom and Sally Dad and John	At least 15–20 minutes!	Yes! Sally and John switched on Wednesday.
<i>Example 2:</i> Frisbee™	Sunday	3 PM	Everyone	River View Park	Yes—we played for 2 hours each Sunday this month.
<i>Example 3:</i> Get off the school bus one stop early	Monday–Friday	2:30 PM	Sally and John	Be careful crossing Main Street.	Yes, except for Friday when we were tired.
Your activity:					
Your activity:					
Your activity:					
Your activity:					
Your activity:					
Your activity:					



## Health Tip: Motivating Kids to be Active

The percentage of overweight kids has more than doubled over the past 30 years. Although many factors contribute to this epidemic, it is a fact that kids are becoming more sedentary. In other words, children are less active than they used to be. The American Academy of Pediatrics says the average child watches about three hours of television per day, not including time spent on other types of electronic media.

**Exercise provides numerous benefits for children.** For kids, exercise means playing and being physically active. Children who get regular exercise sleep better, have a more positive outlook on life, and develop strong muscles and bones. In addition, exercise helps kids maintain a healthy weight and decreases their risk of developing type 2 diabetes. Studies also suggest that healthy, physically active students are more likely to be academically motivated, alert, and successful. Furthermore, physical competence tends to boost self-esteem at every age.

**Every child needs exercise.** Parents can help to ensure that their children are getting the recommended amount of daily exercise. According to dietary guidelines from the U.S. Department of Agriculture, all children two years and older should exercise almost every day. According to the National Association for Sport and Physical Education, the current daily activity recommendations for kids are: one and one-half hours for toddlers, two hours for preschoolers, and at least one hour for school-aged children. There are no specific requirements for infants.

**The following are tips on how to get kids motivated to exercise:**

- Choosing the right activity for a child's age is extremely important. If we force children to participate in activities that they do not enjoy, they may get bored and frustrated. In order for children to have an interest in fitness, it must be FUN!
- Kids need parents to provide them with opportunities to be active. Gather some sporting equipment and take your kids to the park. Play catch. Involve the entire family.
- Aerobic activities increase cardiorespiratory fitness. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of fun aerobic activities.
- Play games such as red light-green light or red rover. If you don't know the rules, make them up; kids won't know the difference as long as they are having fun!
- Involve kids in muscle-strengthening activities. This can be unstructured and part of activities, such as playing on playground equipment, climbing trees, or playing tug-of-war.
- Organize your next party around an activity, offering bowling, rock climbing or roller skating.
- On weekends, put your kids in charge of picking the activity for the day. Allowing kids to choose physical activities will make it more fun for them.
- When rewarding your kids, give the gift of activity- new athletic gear or an afternoon at a special park.

Remember that all kids can be physically fit. A parent's positive attitude will help a child who's reluctant to exercise. Be active yourself and support your child's interest. If you encourage physical activity early in a child's life, your child will come to regard physical activity as a normal part of their everyday routine.

References: KidsHealth.org, American Academy of Pediatrics, Kaiser Family Foundation, US Department of Agriculture, US Department of Health and Human Services, National Association for Sport and Physical Education, and Shady Grove Adventist Hospitals. The Health Tip of the Week is for educational purposes only. For additional information, consult your physician. Please feel free to copy and distribute this health resource.

## Bicycle Safety

Bike riding can be a fun activity for children, but if they don't know how to ride safely it can also be a very dangerous one. In 2002, almost 300,000 children were treated in hospital emergency rooms after bicycle accidents. Often, these accidents are preventable.

You can protect your children by teaching them the following rules:

- Always wear a helmet and make sure it's fastened. Helmets can reduce head injuries by up to 85 percent and in many states it's illegal for children not to wear them.
- Wear bright clothing. Bright and light colored clothing makes riders more noticeable. If children are allowed to bike ride after dark, make sure they have reflectors on their bike, helmet, and clothing.
- Ride in safe places, such as in parks, on bike trails, and on roads with little traffic.
- Obey the rules of the road. Bikers must stop at all stop signs and red lights, use hand signals when turning, and ride only on the right hand side of the road, with traffic. To practice using road signs, check out these.
- Look both ways before crossing an intersection. Seven out of 10 bike crashes happen at driveways and intersections.
- Whenever possible cross the road at crosswalks. That's where drivers expect to see bicyclists and pedestrians crossing intersections. Remember, always walk bikes across crosswalks.
- Give bikes regular tune ups. It's just as important for a bike to be well maintained as a car.
- Lock up or keep bikes in a safe place. To help police return a bike if it is stolen and recovered, record the serial number and take a picture of the bicycle for their use. Many local police departments have free bike registration days and other bike registration programs.
- Ride with a friend. It's more fun and safer because help is there if needed.

If children know these, they are on their way to safe riding. These tips are great for rollerblading and skateboarding too!

## Neighborhood Safety Tips For Parents

Unfortunately no neighborhood is completely immune to crime. However, there are steps you can take to help keep your family and your neighborhood safe.

- **Know where your children are.** Have your children tell you or ask permission before leaving the house and give them a time to check in or be home. When possible, have them leave a phone number of where they will be.
- **Help children learn important phone numbers.** Have your children practice reciting their home phone number and address, and your work and cell phone numbers. If they have trouble memorizing these, write them down on a card and have them carry it at all times. Tell your children where you will be and the best way to reach you.
- **Set limits on where your children can go in your neighborhood.** Do you want them crossing busy roads? Playing in alleys or abandoned buildings? Are there certain homes in your neighborhood that you don't want your children to go to?
- **Get to know your children's friends.** Meet their parents before letting your children to go to their home and keep a list of their phone numbers. If you can't meet their parents, call and talk to them. Ask what your children might do at their house and if they will be supervised.
- **Choose a safe house in your neighborhood.** Pick a neighbor's house where your children can go if they need help. Point out other places they can go for help, like stores, libraries, and police stations.
- **Teach children to settle arguments with words, not fists.** Role-play talking out problems, walking away from fist fights, and what to do when confronted with bullies. Remind them that taunting and teasing can hurt friends and make enemies.
- **Work together with your neighbors.** Watch out for suspicious and unusual behavior in your neighborhood. Get to know your neighbors and their children so you can look out for one another.

## Fun & Games for Any Age

<http://family-fun.kaboose.com/>

Outdoor Game Ideas (Everybody Wins!):

<http://family-fun.kaboose.com/friendly-games.html>

### 1. Shark!

Put hula hoops or beach towels on the ground to serve as dens for all the "fish." One child gets to be the shark. When the shark calls, "Fishie, fishie, cross my ocean," the fish have to move to a different den. If, while out of a den, the shark tags them, they get to be sharks as well. The last remaining fish becomes the first shark next time. Adults can also remove dens, forcing kids to stand together on one.

**Tip:** For extra fun, the shark can tickle the fish.

**Variations:** The shark can be a T. rex, and the fish can be vegetarian brachiosaurus. Bird lovers can be hawks and mice. Construction buffs can be loaders and boulders, and so on.

**Optimal age:** 3 and up

**Number of players:** 4 or more

### 2. Mouse Tails

Tuck pieces of string or yarn about a foot long into the backs of the kids' shoes. After you shout "Go!," the kids try to step on each other's tails. When all the tails are lost, replace and repeat.

**Tip:** Have extra string on hand.

**Variations:** Tuck white socks into waistbands for Bunny Tails, which other players grab.

**Optimal age:** 2 and up

**Number of players:** 3 or more

### 3. Blob Tag

The youngest child gets to be the first "it." (They usually consider this a privilege.) When he or she tags someone, they join hands and have to tag another, on and on, until everyone is holding hands.

**Tip:** Keep the play area small. Kids 5 and under have a hard time catching each other.

**Variations:** Tunnel Tag — When tagged, you freeze and someone has to crawl between your legs to free you. Shadow Tag — When "it" steps on your shadow, you become "it."

**Optimal age:** 2 and up

**Number of players:** 4 or more

**Fun Attic.com – The Great Game List**

[http://www.funattic.com/game\\_list.htm](http://www.funattic.com/game_list.htm)

**Disney- Family Fun**

<http://familyfun.go.com/playtime>

# Resources

## Guidelines:

- <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>
- <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

## Web Links:

- [www.letsmove.gov](http://www.letsmove.gov)
- [www.livestrong.com](http://www.livestrong.com)
- [www.presidentschallenge.org](http://www.presidentschallenge.org)
- [www.cdc.gov/nchs/fastats/exercise.htm](http://www.cdc.gov/nchs/fastats/exercise.htm)
- [http://aspe.hhs.gov/health/reports/child\\_obesity](http://aspe.hhs.gov/health/reports/child_obesity)
- [www.health.gov/paguidelines/guidelines/chapter3.aspx](http://www.health.gov/paguidelines/guidelines/chapter3.aspx)

## Activity Links:

- <http://family-fun.kaboose.com/>
- [http://www.funattic.com/game\\_list.htm](http://www.funattic.com/game_list.htm)
- <http://familyfun.go.com/playtime>
- [http://www.funattic.com/game\\_list.htm](http://www.funattic.com/game_list.htm)
- [www.betterhealthandliving.com/articles/fast\\_fun\\_family\\_fitness](http://www.betterhealthandliving.com/articles/fast_fun_family_fitness)
- [www.washingtonpost.com/gog/dc-kids-activities.html](http://www.washingtonpost.com/gog/dc-kids-activities.html)
- [www.montgomeryparks.org/calendar/events/](http://www.montgomeryparks.org/calendar/events/)
- [www.marinemarathon.com/weekend\\_events/kids\\_run.htm](http://www.marinemarathon.com/weekend_events/kids_run.htm)
- [www.earthtreksclimbing.com/climbing-centers.html](http://www.earthtreksclimbing.com/climbing-centers.html)
- [www.bikethesites.com](http://www.bikethesites.com)
- [www.goape.com](http://www.goape.com)
- [www.usbg.gov/education/Junior\\_Botanist.cfm](http://www.usbg.gov/education/Junior_Botanist.cfm)

## NIH Resources:

NIH Child Care Board & ORS/Division of Amenities and Transportation Services  
<http://does.ors.od.nih.gov/childcare/>

## Lunch and Learn: Parenting Seminar Archives

[http://does.ors.od.nih.gov/childcare/parent\\_seminars.htm](http://does.ors.od.nih.gov/childcare/parent_seminars.htm)

- How to Inspire Healthy Eating Habits for Children
- Home Alone – Are You and Your Child Ready

## Focus on You – NIH Wellness

<http://dats.ors.od.nih.gov/wellness/>

## NIH Fitness Center

<http://www.recgov.org/fitness/fitness.html>

## We Can!

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

## We Can! Nutrition Resources:

### Secrets to Making Healthy and Fun School Lunches:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip-school-lunches.pdf>

### Healthier Eating while Saving Money Tip Sheet:

[http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip\\_saving.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/tip_saving.pdf)

U R What U Eat: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/urwhateat.pdf>



Do you need help finding quality child care?

**1-800-777-1720**

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free unlimited access to the  
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A Work/Life Specialist can help you to assess your  
family's needs and find resources on a range of topics,  
such as:

- Evaluating care options
- Finding licensed providers
- Child Care Centers
- Family Child Care Homes
- Nanny care
- Pre-schools & Nursery
- Before & after school care
- Back-up care
- Summer camp
- Adoption resources
- Special needs resources
- College planning

This program is sponsored by  
NIH Office of Research Services  
Division of Amenities and Transportation Services

For more information, visit:  
<http://does.ors.od.nih.gov/childcare>



This seminar was presented by  
**BRENDA SALAS**

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Brenda Salas currently serves as the Wellness Coordinator for Montgomery College and is adjunct faculty in the Health Enhancement, Exercise Science and Physical Education Department of Montgomery College, where she teaches credit classes in Health Education and Physical Education. During her tenure, Montgomery College has been awarded the prestigious "Trailblazer Award" (2006, 2007 and 2008) by The Alliance for Workplace Excellence, which has partnered with the Montgomery County Chamber of Commerce to recognize the efforts of local business leaders for their commitment to the health of their employees.

Brenda is a frequent presenter on a variety of health topics, including "Fit after 40", "What's in Your Wellness Toolbox?", "Aging Gracefully", "Women and Weights", "Get Kids Fit", "Heart Health" and more. She is a member of the Montgomery County Task Force on Obesity and is a contributing author on health and fitness for the Women's Journal of Montgomery County. She was recently appointed to the National Board of Advisors for the Wellness Council of America (WELCOA) and is a member of the Montgomery College 2007-2008 Speakers Bureau.

She holds certifications as a Certified Conditioning Specialist, Certified Personal Fitness Trainer, and Certified Fitness Instructor from ACE, AFAA, ACSM and NSPA.

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