

Healthy Lifestyles Gazette

Summer 2010

A newsletter for childcare providers and families of preschool children.

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SPLISH SPLASH

Children need to be physically active for at least 60 minutes every day. Being physically active means that a child is doing something that gets her body moving and heart pumping. Activities like running, dancing, bike riding or swimming are just a few examples of physical activity. Sitting while playing a video game or watching TV are not physical activities.

Physical activity helps build strong, healthy bodies. Healthy bodies feel good and work well. Healthy bodies need lots of healthy food, like fruits and veggies and lots of physical activity. Healthy bodies need to stay at a healthy weight. Keeping a body healthy can be lots of fun!

Play these games this summer to be physically active and stay cool while you play:

- * **Freeze Tag:** Mark the boundaries of a playing area. One person is "it" and holds a hose or water shooter and counts to 10. All other players run around the playing area to keep from being squirted. Players can jump, run and bend to get out of the way of the water. The 1st one squirted becomes "it" and the game starts again.



- * **Water Hurdles:** Run and jump to hurdle over a sprinkler.

- * **Water Relay:** Form 2 groups - play with 2 or 20 people! You'll need 4 pails and 2 tablespoons. Make 2 ten foot lanes. Place one bucket at the top and bottom of each lane. Fill each of the buckets at the starting point with water. Have each group line up behind that bucket. Give each group a tablespoon. One player from each group will scoop up water onto the spoon. Each player will speed down the lane to dump the water on the spoon into the empty bucket. The player then runs back to hand the spoon to the next player in his group. Play for a minute or two. How much water did your group get into the bucket?



JUST DO IT



Do these things every day just for the health of it...you and your family will be happy you did!

- Drink water and low-fat milk instead of drinks high in sugar like soda and fruit flavored drinks.
- Eat lots of different colored fruits and veggies every day.
- Choose to eat healthy foods, like those that are:
 - Made with whole-grains
 - High in calcium [low-fat or fat-free milk, yogurt, cheese]
 - Lean with protein [lean chicken, turkey and fish; dry beans and peas]
 - Good oils [found in fish, nuts and liquid corn, soybean, canola or olive oil]
- Move your body- walk, dance, bike - to be physically active every day.
- Keep your body at a healthy weight.
- Wash, wash, wash your hands! Use soap and warm water, rub for 20 seconds, rinse and dry with a paper towel. Wash your hands before you eat a meal or snack and many times throughout the day.



When a child is taught from an early age to eat right and play hard, the benefits last a lifetime!

Parent Power

YOU Decide!



PARENTS ... you decide what foods come into your home to serve as meals and snacks.

YOU ... have the power to lead your little ones to healthy, happy tomorrows!

Healthy, happy tomorrows start with making good choices today. Choose to eat 3 healthy meals each day and healthy snacks in between as needed. Yes, snacks should be healthy too!

Healthy snacks give you the energy and the nutrients your body needs. Snacking on things like chips, cake, candy or cookies just won't do the job of energizing a body ... so leave those Twinkies® out of your child's lunch box! Choose to give your child healthy snacks so his body can work better.



Think about this ... Would you bother to gather all of your dirty laundry, sort it, carry it to and put it into the washer if you didn't have detergent? Probably not. If you don't add detergent, your clothes won't get clean or smell fresh. The washer may run without soap, but the job of

cleaning your clothes won't get done. Think of bodies like that washer....if you don't add the good healthy stuff it needs to run, it just won't work right!

The power is in your hands! Choose to serve your child healthy foods at meals and snacks. Maybe he'll complain at first, but he'll get over it *very* quickly! He'll look forward to opening his lunch box to find the yummy fruit, nuts, yogurt, cut-up veggies, peanut butter crackers, cheese, a piece of whole-grain bread or whatever healthy foods you choose to pack.



PUT A STICK IN IT

These treats are fun to make, delicious to eat and healthy too!

You'll need:

- Skewers
- Variety of Fruit [melon, berries, grapes, pears, mango, etc...]
- Block of Cheese [your favorite]
- Small cookie cutters in various shapes



Wash fruit. Slice fruit and cheese into pieces that allow you to cut out shapes with your cookie cutters. Make cheese stars, melon moons Get creative! If you don't have cookie cutters, don't let that stop you! Cut fruit and cheese into blocks and put onto skewer.



Help your little one to put fruit and cheese slices onto the skewer. Make some to eat now and extras to enjoy later! These colorful creations will make a great addition to any lunchbox or dinner table.

Ha Ha Ha

What's black and white and red all over?

A zebra who forgot to wear sunscreen!!

Everyone needs sunscreen, even people who have dark skin.

Wear sunscreen every time it's day time!
When is it day time? When it's not night time!!!



Dennis McNerney, Bergen County Executive

Bergen County Board of Chosen Freeholders

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For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov.