



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

We All Need Physical Activity

"Exercise + A Balanced Diet = Foundation for a Healthy, Active Life"

Some tips for babies include:

1. Plan tummy time with safe colorful toys
2. Spend time on the floor with baby during tummy time
3. Remove infant from the carry seat to allow stretch time
4. Place infant in safe place where they can learn to pull themselves up
5. Limit time in molded plastic play stations



Some tips for toddlers include:

1. Go to the park for play time
2. Give larger boxes for climbing in and out of
3. Play catch with a large soft ball
4. Practice walking up and down stairs
5. Walk to or in the store for shopping



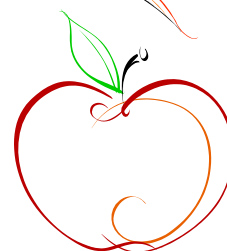
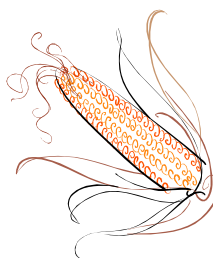
Some tips for older kids include:

1. Take your dog for a walk
2. Start up a game of kickball
3. Go to the park with a friend
4. Help your parents with yard-work
5. Play tag with other kids
6. Ride your bike to school
7. See how many jumping jacks you can do
8. Race a friend to the end of the block



Nutrition tips:

1. Wean your child from the bottle by age one
2. Offer many different foods more than one time
3. Limit juices to four ounces and avoid soda's
4. Limit high calorie "Junk Foods"
5. Give fruits and raw vegetables for snacks



Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Families can plan outings and events that allow and encourage everyone in the family to be active.

The Benefits of regular physical activity include:

- Improves strength, builds lean muscle, and decreases body fat. Activity can build stronger bones to last a lifetime.
- Burns calories while preserving lean muscle mass. A key to any weight-loss or weight-management effort
- Improves one's mood, reduces stress, helps relieve depression and increase feelings of well being.
- Can prevent onset of chronic diseases such as high blood pressure, coronary artery disease and diabetes

According to the National Center for Chronic Disease Prevention and Health Promotion, the increase in overweight among children in the last 30 years has increased sharply. For children aged 2-5 years, the frequency of overweight increased from 5.0% to 13.9%, and from 6.5% to 18.8% for 6-11 year olds.

Some tips for parents include:

1. Talk to your pediatrician about physical activity for your child
2. Find a fun activity that your child can enjoy
3. Choose an activity that is right for your child's age
4. Plan ahead for time and space to be active
5. Provide a safe environment
6. Provide active toys such as balls and jump ropes
7. Be a model for your child
8. Play with your child
9. Turn off the TV
10. Do not overdo it



For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801



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