



10 HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

The following tips are from the American Academy of Pediatrics (AAP).

1. I will clean up my toys, and keep my room in good order.
2. I will brush my teeth twice a day, and wash my hands before eating and after the bathroom.
3. I won't tease dogs, even friendly ones - and keep my hands and face away from their mouths.
4. I will drink more milk and water, and limit soda and fruity drinks.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like, and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others, and friendly to kids who need friends - like someone shy or new to school.
10. I'll never give out personal information or pictures of myself to strangers or over the internet.



MAKE HEALTH YOUR RESOLUTION

Healthy You: Make healthy food choices, be active, make an appointment for a check - up, vaccination, or screening. Know your numbers - weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Learn and practice a new health tip each week. Make a new friend.

Healthy Family: Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Know where to go for health care in town if you do not have insurance. Keep pets vaccinated and healthy. Add a health related web site to your favorites list, and check weekly updates. Spend more time together. Be courteous and practice good manners.

Healthy Home: Go green. Reduce, reuse, and recycle. Install smoke alarms, and carbon monoxide alarms on every level. Keep cleaning products and medications away from children. Have a winter weather emergency plan, and stock your home and car with necessary supplies. Avoid carbon monoxide poisoning and hypothermia. Never use generators, grills, camp stoves, or similar devices indoors.

Healthy Community: Volunteer at your church, school, or one of the many community center s needing help or an extra hand. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are - they are always appreciated and hopefully duplicated.

Healthy Workplace: Stay home if you are sick. Wash your hands often, Participate in healthy workplace programs, Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.



Physical Activity

How much physical activity should children get? Children should aim for 60 minutes of activity per day

What counts as activity?

- Walking the dog
- Playing on a sports team
- Walking as a family
- Riding bikes
- Playing tag
- Hiking
- Swimming
- Jumping rope
- Sledding
- Dancing
- Anything that causes your heart rate to go up!

What benefits will children gain from being active? Being active for 60 minutes per day has been shown to improve concentration and focus, increase classroom attendance and behavior, and boost academic performance.

How can you help children be more active?

- Give children toys that encourage physical activity like balls, kites, and jump ropes
- Encourage children to join a sports team or try a new physical activity
- Limit TV time and keep the TV out of a child's bedroom
- Facilitate a safe walk to and from school a few times a week

- Take the stairs instead of the elevator
- Walk around the block after a meal
- Make a new house rule: no sitting still during television commercials instead do push-ups, crunches, or jumping jacks
- Find time to spend together doing a fun activity: family park day, swim day or bike day

How should you get started increasing your family's activity?

- Start small: be physically active for just 10 minutes per day and increase by 10 minutes per week until you are at 60 per day
- Set goals as a family: Commit to specific goals, such as "go for a 30 minute walk 3 times this week as a family"
- Make it a part of your daily routine: get in the habit of being active by scheduling it at the same time every day, such as right after school or after dinner