



# kids quest health

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## A FIT AND FUN FAMILY

### *A Family That Exercises Together Laughs Together!!!*

Make family exercising a part of your families' daily routine.

Children who witness their parents exercising are much more likely to exercise themselves, not only now, but in the future as well. Here are some helpful tips to get the whole family active.



#### **1) Get Active As Soon As Your Child Gets Home From School**

Unfortunately, children relatively sedentary while at school.

Get them active right away. Don't allow them to sit on the couch after first getting home. They will be less likely to exercise after they've sat down in front of the television.

#### **2) Make It Fun!!!**

Exercise shouldn't be a chore but something that everyone enjoys. Allow your child to have a voice in what the family does. This will provide them with a sense of responsibility.

#### **3) Try New Things**

Doing the same thing over and over again will get boring very quick. Here are some family activities that are great exercise and great fun: bike riding, hiking, swimming, playing catch, shooting hoops, skateboarding, and roller skating.

#### **4) Sign Up For A Local Run As A Family**

Doing a fun run as a family will allow your child to see others being active, as well as bring the family closer together, and create a fond memory.

#### **5) Invite A Friend**

Allow your child to invite a friend to family exercise time. It will create a stronger friendship and make it more fun for the children.



## HOW TO MAKE VEGETABLES GREAT TO EAT

Vegetables are one of the most important components of a healthy diet. There are many ways to enjoy vegetables and unfortunately there are many ways to make them rather boring. Some of the best ways to make vegetables healthy and tasty are as follows:

**Roast vegetables** - roast vegetables in the oven at a high temperature. Even Brussels sprouts are absolutely delicious when halved and roasted at 450 degrees until the leaves are slightly charred.

**Use seasoning** - salt, pepper, olive oil, low-sodium soy sauce, and low-sodium seasoning such as Mrs. Dash go a long way to boosting the flavor profile of vegetables.

**Use dip** - dip made from Greek yogurt has a great texture, consistency, and tastes much like dip made with sour cream or mayonnaise.

**Mix vegetables** - put vegetables together to create a flavorful medley. For example, cubed butternut squash, red peppers, and cauliflower mix together to make great vegetable dish.

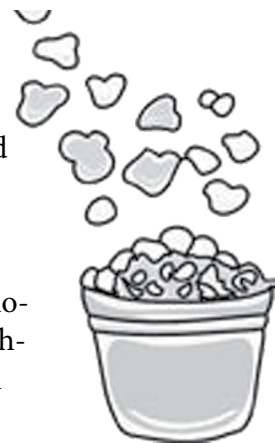
Try these tips to help you and your family learn to love vegetables!

**CONSIDER THIS** Children are kinesthetic learners, meaning that they learn best through hands on experiences. Rather than just talking about healthy eating, take them into the kitchen with you and show them how to make healthy meals. Allow them to participate in small steps in the cooking process. You can also incorporate math by having them measure and count out ingredients.

# HELPFUL HINTS

**1** Studies show that children will often eat what is most readily available to them. Keep your junk food items in an area that is harder to see and reach. Additionally, keep your healthiest items at the front of the refrigerator where they are easy to see and access and the unhealthy items in the back, harder to reach and out of sight.

**2** Try eating all of your family meals away from the television or computer. Studies show that when families eat meals in front of a television they eat more (consuming more calories, salt, and sugar) and talk less. Eating together at the family table will promote healthier eating choices as well as stronger communication. Additionally, too much television time has been linked to obesity.



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*"Just because you're not sick doesn't mean you're healthy". -Author Unknown*

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**CONSIDER THIS** Children who have a television in their bedroom are more likely to have trouble sleeping, be overweight, and read less frequently. If your child has a television in their room consider limiting hours that it can be watched or removing it from the room completely. Our brains naturally associate beds with sleep, however, watching television while in bed can interfere in this association and cause difficulties falling and staying asleep.



## 4 Corners Fitness

Have the whole family participate in this one for the most fun. You'll need one die from a pair of dice. Find the room in your house with the most space and number each corner one through four. Have each family member stand in a corner. Before rolling the die announce an exercise and number of repetitions. For example, "For this role of the die the exercise will be ten push ups". Then roll the die. If the die comes up number four, whoever is standing in corner four would perform the exercise. If there's no one in that corner, have everyone move to a new corner and roll again. If it comes up a five no one does the exercise, if it comes up a six everyone has to do the exercise. For the most fun let your child roll the die and change the exercises regularly.



### Is Juice Good for Your Child?

Juice is a broad term used to describe juice from fruit and sugary beverages. In general, your children don't need any juice at all. You should avoid giving your child juices like fruit punch. These juices are not actually juice at all, they are sugar sweetened beverages that are unhealthy for people of all ages. If you choose to give your child juice then make sure it is 100% fruit juice. Only 100% fruit juice can be considered a substitute for a serving of fruit, but still lacks good for you nutrients such as fiber.

## Staying Healthy During Cold and Flu Season

Like most parents you probably worry about your child getting sick over the cold winter months. You likely encourage them to bundle up and stay warm when going outside, make sure they wash their hands before eating and tell them to cough in their shoulder or arm rather than their hands. Consider the following list to reduce your child's likelihood of getting sick.

- **Eat plenty of fruits and vegetables.** Just like any other organ or system of your body, your immune system needs adequate nutrition to fight off infections, bacteria, and viruses. Make sure your child is getting a variety of fruits and vegetables
- **Get outside when possible.** Most scientists believe that we experience more colds during the winter is simply because we're inside more and in closer proximity to others, making the spread of the common cold much more likely.
- **Get regular exercise.** Regular exercise promotes healthy blood flow allowing cells that fight bacteria and viruses to reach their destination quickly and freely resulting in a quicker immune response.
- **Get adequate sleep.** Numerous studies show a direct link between the quality of sleep a person gets and their immune system. Make sure your child is getting adequate and uninterrupted sleep.

**Kids Quest Health** aims to provide parents of elementary and middle school aged children with practical health and wellness knowledge and tips that can make a big impact on the current and future health of their children. Kids Quest Health is composed of a team of health professions including a dietitian, health educator, physical education teacher, and certified personal trainer. Kids Quest Health is not intended to treat any medical conditions. Please consult a physician before making any changes to diet or exercise.