

HEALTH CARE CORNER

Benefits of Being Active

When kids are active, their bodies can do things they want and need them to do. Why? Because regular exercise provides these benefits:

- Strong muscles and bones
- Weight control
- Decreased risk of developing type 2 diabetes
- Better sleep
- A better outlook on life

Not only that. Healthy, physically active students are more likely to be academically motivated, alert, and driven to succeed.



COOKING WITH KIDS

Spider Pretzels

This treat is easy to make and looks positively lifelike crawling across your child's snack plate.

For each:

- 2 round crackers
- 2 teaspoons smooth peanut butter
- 8 small pretzels sticks
- 2 raisins

With the peanut butter, make a cracker sandwich. Insert eight pretzels



“legs” into the filling. With a dab of peanut butter, set two raisin “eyes” on top. Makes 1

Source: familyfun.com

Creamy Apple Bites

You will need:

- 5 RITZ Reduced Fat Crackers
- 2 Tbsp. PHILADELPHIA Cream Cheese
- 5 Thin apple slices
- 1/8 tsp. Cinnamon sugar

SPREAD crackers with cream cheese spread; top with apple slices.



SPRINKLE with cinnamon sugar. Serve immediately.

Source: kraftfoods.com

A FRACTION OF FITNESS

YOGA FOR KIDS

Looking for a gentle way to introduce you child to regular exercise? Try Yoga. It's a great way to stretch muscles, and it helps youngsters (and adults) relax.

Get a yoga video from the library, and use these ideas to get started:

- Find a quiet spot (no television or restless siblings). Sit on a carpet or mat and make sure you each have room to stretch out your arms and legs.
- Make yoga fun by letting your child “act” the part. For example, she can

hiss like a snake when she's in Cobra pose or bark while doing Downward Facing Dog.

- Set a regular time for yoga (Tuesdays before dinner, Saturday mornings). Try it for 20 minutes, ending with a few minutes of deep relaxation (lying down with eyes closed).



The Elements of Fitness

If you've ever watched children on a playground, you've seen the 3 elements of fitness in action. The child:

- Runs away from the kid that's “it” (endurance)
- Crosses the monkey bars (strength)
- Bends down to tie his or her shoes (flexibility)

Parents should encourage their kids to do a variety of activities so they can work on all these elements.

Source: kidshealth.org