

# GameDay Gazette

a newsletter for healthy kids and their families

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## Nutrition Bites

### Overcoming Portion Distortion at Meals

Picture your favorite meal at your favorite restaurant. Now picture it 75 percent smaller. Would you be a happy customer?

It's easy to understand why the food industry tends to serve us way more food than is necessary. We all love to feel like we're getting more bang for our buck. But that's also why it's important to take responsibility for our own portions and to help kids learn to do the same. Here are some tips.

Know that most restaurant portions are three or four times the recommended serving size. Try sharing meals, ordering an appetizer as a main dish, ordering kids' meals, or packing up half to take home before you begin to eat.

Serve food on smaller plates so meals look larger. A sandwich on a dinner plate looks lost; on an appetizer plate it looks downright hefty.

Avoid letting kids take an entire bag of chips or a container of ice cream to the couch. Everyone will be far less likely to overdo it if you serve individual portions in the kitchen.

Plate up meals at the counter and avoid bringing the whole pot to the table. If they do want seconds, offer more veggies or salads.

Try single-serving sizes to help your family learn what an appropriate portion is.

## Fit and Fun

### Fitness Tips for Kids who Don't Like Sports

Not every child has to join a team, and with enough other activities, kids can be fit without them. But try to find out why your child isn't interested. You might be able to help address deeper concerns or steer your child toward something else.

Playing sports can help your child stay fit, but can also help them develop self-esteem, coordination, and social skills. But some kids either aren't natural athletes or don't enjoy playing sports. What then?

#### Ways to Stay Fit Without Team Sports

There's plenty a kid can do to get the recommended 60 minutes or more of physical activity each day. Shooting hoops, riding bikes, playing whiffle ball, playing tag, jumping rope, or dancing are all great sources of exercise.

Outside of the most common team sports, your child might want to try individual sports or other organized activities that can boost his or her fitness.

Here are some ideas:

- Swimming
- Horseback riding
- Inline or ice skating
- Cycling
- Skateboarding
- Hiking
- Golf
- Tennis
- Gymnastics
- Martial arts
- Yoga and other fitness classes
- Running

Check with your local Parks and Recreation Department or YMCA for a variety of classes that will give your child the opportunity to experiment with different activities in a non-competitive atmosphere. Classes are generally inexpensive, too.

#### Supporting Your Kid's Choices

Even if the going's tough, work with your child to find something active that he or she likes. Try to remain open-minded. You'll need to be patient if your child has difficulty choosing and sticking to an activity. It often takes several tries before a child finds one that feels like the right fit. But when something clicks, you'll be glad you invested the time and effort. For your child, it's one big step toward developing active habits that can last a lifetime.



# Your Monthly Guide to GameDay Activities

## Kindergarten

**Did you Know?** Water makes up more than half our body weight. All living things must have water to survive and without water, our bodies will stop working properly. Your body has lots of important jobs and it needs water to do many of them. For instance, blood, which contains a lot of water, carries oxygen to all the cells of the body. Without oxygen, those tiny cells would die and our bodies would stop working.

**Activity:** This month pay attention to how much water you drink and when you drink it. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are! Also, try to replace soda and any sugary drinks with water. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!

## First Grade

**Did you Know?** Children who eat a healthy breakfast are more likely to have better concentration, problem-solving skills, and eye-hand coordination. They may also be more alert, creative and less likely to miss days of school. A healthy breakfast should consist of a variety of foods, for example, whole grains, low-fat protein or dairy sources, and fruit. This provides complex carbohydrates, protein and a small amount of fat — a combination that delays hunger symptoms for hours.

**Activity:** This month, focus on planning a healthy breakfast for every day of the week. Just like with other meals, try to eat a variety of foods, including items from three of the four food groups below:

- Grains (breads and cereals)
- Protein (meats, beans, and nuts)
- Fruits and vegetables
- Dairy (milk, cheese, and yogurt)

## Second Grade

**Did you Know?** Sweating helps the

body regulate its temperature and blood volume, and also helps clean toxins out of the body. Sweat is a great cooling system, but if you're sweating a lot on a hot day or after playing hard, you could be losing too much water through your skin. Then you need to put liquid back in your body by drinking plenty of water so you won't get dehydrated.

**Activity:** This month pay attention to what activities make your body sweat. Do you sweat when you are playing on the playground during recess? How about when you are participating in GameDay activities during P.E. class? Sometimes we even sweat during everyday activities like cleaning our rooms or carrying in the groceries from the car. If you are sweating, be sure to drink extra water!

## Third Grade

**Did you Know?** You have more than 600 muscles in your body? Sometimes these muscles cramp—OUCH! A muscle cramp happens when the muscle tightens up on its own. Sometimes a cramp can happen when we are dehydrated (not enough water), overuse our muscles, or don't properly warm up or cool down our bodies. Stretching, massage and cold or warm packs are usually all that's needed to relieve a muscle cramp.

**Activity:** Pretend you have a muscle cramp in different parts of your body. Show your family the stretches that would help relieve the cramp. Stretch the cramped muscle slowly (no bouncing) and gently rub it to help it relax. Which stretch would help with a cramp in your calf? How about a cramp in the back of your leg (hamstring)?

## Fourth Grade

**Did you Know?** Pushing, pulling, and lifting objects incorrectly can cause all kinds of injuries including muscle strains, falls, pinched fingers, and bumps and bruises. Proper pushing and pulling technique is important to help prevent injury. Always have a wide base of support, bend the

knees, and tighten the abdominal muscles to protect the back.

**Activity:** Experiment with pushing and pulling with a friend. Sit on the floor back-to-back with your legs extended in front of you. Interlock arms with the person behind you. Now push the ground with your feet like you are back in a corner and try to get up. Your friend will do the same to you. You will be pushing each another off of the ground without using your arms. You must both be pushing at the same time in order for this to work. How fast can you get up? Try doing this activity slowly. Which was easier?

## Fifth Grade

**Did you Know?** The world record for the long jump is nearly 30 feet! The key to jumping for distance is increasing the amount of force applied on the takeoff. This is done by bending the knees, swinging the arms, and pushing off through the feet.

**Activity:** See how far you can jump from a standing position. Try bending your knees and swinging your arms (applying force). Did you jump farther? Now try it with a running start. How far can you jump?

## Sixth Grade

**Did you Know?** The world record for most push-ups completed in one hour is 3,877. That is more than 64 push-ups each minute.

**Activity:** See how many push-ups you can complete in one minute using proper form. Write that number down. Over the next month, do push-ups for one minute every day. Count how many push-ups you can do at the end of the month. Did your number improve?