

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

Community Health Coalition, Inc.

407 Crutchfield Street P. O. Box 15176
Durham, NC 27704

Tel: (919) 470-8680 Fax: (919) 470-8688

www.chealthc.org healthcoali@aol.com

www.facebook.com/chealthc www.twitter.com/chealthc

Date: January 25, 2015

Healthy Sunday Topic: Exercise

As the New Year begins, many people make resolutions to be better. In 2015, we join together with first lady Michelle Obama in encouraging everyone in the family to be involved in some exercise and physical activity. Our children are our future - and understanding and supporting their natural yearning for physical activity will help lead them to a lifetime of happy and healthy living. Among the many benefits of exercise are; physical fitness, confidence and stronger self-esteem, more energy, better memory, and simply a good feeling about themselves.



Mary Fox Braithwaite, MD, MSPH, FAAP, Pediatrician, Chapel Hill Pediatrics and Adolescents, says “Kids and teens should stay active too! Parents should encourage their children and teens to participate in physical activity most days of the week. Physical activity can include running, jumping and climbing for toddlers – and dancing, martial arts, gymnastics, swimming, club/team sports and more for older children and teens. Try to turn family time into physical activity time for everyone such as walks outside, tossing a ball, or playing catch.”



For more information about fitness for children or other childhood health questions, talk with your child’s doctor and visit www.healthychildren.org www.letsmove.gov

Active Families

Engaging in physical activity as a family can be a fun way to get everyone moving. Studies show that kids who believe they are competent and have the skills to be physically active are more likely to be active. And those who feel supported by friends and families to become active, or surrounded by others interested in physical activity, are more likely to participate.



Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- 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.
- Find time to spend together doing a fun activity: Family park day, swim day or bike day.
- If your child plays video games, consider choosing games and gaming systems that incorporate physical activity, such as Play 60.

REMEMBER

Aim to limit your child's TV or computer screen time, Be active as a family, and Children need 60 minutes of play with moderate to vigorous activity every day

Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with Durham Academy of Medicine, Dentistry & Pharmacy, Central Carolina Black Nurses' Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!