

Make Your Move

Include the family in your healthy activities

Children in the United States are becoming increasingly more obese and less active. In addition, with parents working outside the home, families spend less time together. Family physical activity is a great way to spend more time together while getting everyone active.

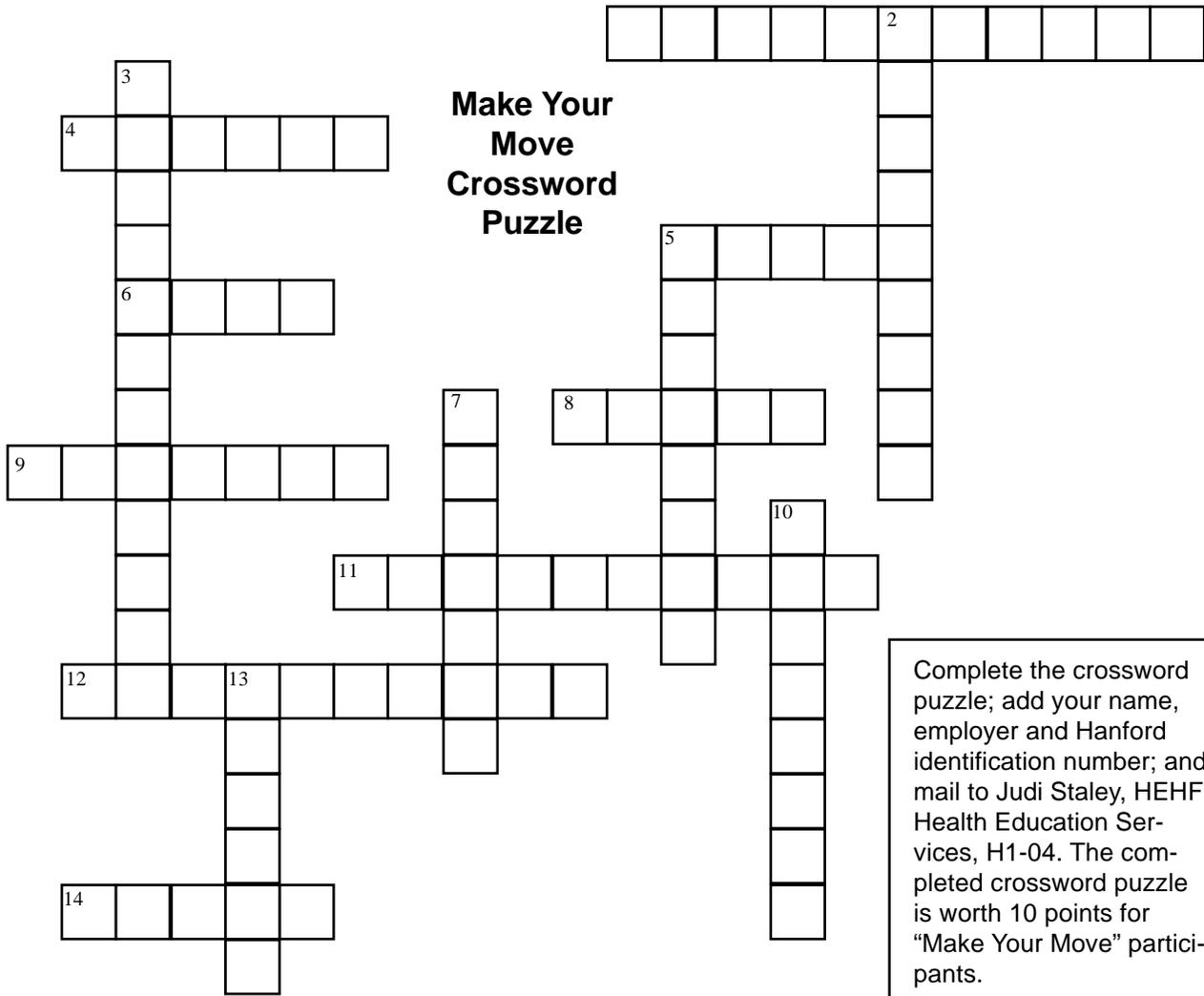


Here are some suggestions for families to spend some active time together:

- Serve as a role model by being active.
- Teach children the physical skills you know.
- Develop additional skills to share.
- Emphasize that physical activity is fun.
- Avoid making negative comments about performance.
- Establish playtime for the whole family.
- Participate in fund-raising walks and runs as a family.
- Check out community activity programs such as those sponsored by a local YMCA or YWCA, athletic organizations, camps, clubs, gymnasiums, recreation centers or youth organizations or centers.
- Try new activities as a family.
- Plan for active vacations and weekends.
- Encourage school activities that make time for fun, development-appropriate physical activity led by a knowledgeable instructor. ■

See Make Your Move puzzle on page 11.

Make Your Move Crossword Puzzle



Complete the crossword puzzle; add your name, employer and Hanford identification number; and mail to Judi Staley, HEHF Health Education Services, H1-04. The completed crossword puzzle is worth 10 points for "Make Your Move" participants.

ACROSS

1. A component of fitness increased by regular stretching that aids in injury prevention
4. What you should always do before stretching
5. Food eaten between meals
6. Type of activity originating in India involving flexibility and meditation
8. The body's period of relaxation, rest and repair
9. A component of fitness that strengthens the heart and lungs
11. A state of relaxation and higher consciousness when all outside distractions are eliminated
12. The way you feel about yourself
14. What you want to accomplish that guides your behaviors and choices

DOWN

2. The first and most important meal of the day
3. Name of this program
5. Component of fitness that strengthens muscles and improves balance and coordination
7. Type of diet that has no scientific basis and claims miraculous results
10. The period at the end of an exercise session when the heart rate and breathing return to normal
13. People you are related to

Submitted By _____

Hanford ID No. _____

Employer _____