Choose Health

Family Calendar

2012-13

Cornell University
Cooperative Extension
4-H Youth Development

Cornell Cooperative Extension provides equal program and employment opportunities.
November’s Health- H- Challenge:
Play actively 60 minutes every day!

Why?
apsulation
- Stay healthy!
- Build strong bones and muscles!
- Build a strong family!
- Have fun together!

How?
- Check off activities your family likes to do together!
- Take a walk
- Ride bikes
- Go bowling
- Play soccer
- Pick apples
- Shoot baskets
- Go for a hike
- Swim
- Go to the playground
- Play touch football
- Play Twister
- Dance
- __________
- __________

Be a Healthy Family!

Make a Family Play Date at least once a week!
Keeping track can help you know if you’re getting 60 minutes of activity in a day. It doesn’t have to be all at once. Ten minutes here, twenty minutes there, can all add up to a healthier you!
Choose Health

December’s Health-Challenge:

Stretch before and after active play!
(And anytime you feel tense!)

Why?
- Warm muscles to protect them
- Cool down to prevent soreness
- Relax
- Have fun together!

How?

Stretch each part of your body, top to bottom, holding each stretch at least 15 seconds!

- Neck: ears to shoulders, chin to chest
- Arms: overhead, hold close to ears, bend at elbow, touch back; side-to-side, hug yourself!
- Legs, back: touch toes; lean against a wall, heels down
- Legs, front: bend knee, hold toe
- Ankles: flex, point toes
- Full body: stretch as tall as you can, standing or lying down!

Be a Healthy Family!

Stretch to relax mind, body, and spirit!
Whether you like to ski, garden, or swim, stretching can help you do it better! Look on the internet for stretches to help the activities you enjoy most and for stretches you can do anywhere anytime.
January’s Health H-Challenge:

Have more un-plugged fun by limiting screen time!

**Why?**

- Screen time doesn’t build strong bones and muscles!
- Food ads can tempt you to eat when you don’t need to!
- It’s easy to eat without thinking while watching TV!
- Have fun together!

**How?**

- Keep televisions, computers, video games & phones in public areas of your home—not in bedrooms.
- Limit use to 1-2 hours daily.
- Give kids 20 half-hour coupons to use how they like each week. When the coupons are gone, it’s time for un-plugged fun!
- Start a family fun night when kids get to pick games to play!

Be a Healthy Family!

Look for ways your family can have active un-plugged fun together!
**January 2013**

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**Make dinner time family time with no TV!**

Create family dinner rituals that make sitcoms pale in comparison.

Ask, “What was the funniest thing that happened to you or that you saw today?”

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February’s Health-H-Challenge:

ENJOY WINTER!
Play outside at least once a week!

Why?

😊 We’re naturally more active when we play outside!
😊 Humans aren’t meant to hibernate!
😊 There are lots of choices for outdoor winter fun!
😊 Have fun together!

How?

Check off Outdoor Fun Your Family Enjoys!

☐ Build a snow family!
☐ Go sledding!
☐ Go downhill skiing!
☐ Go cross-country skiing!
☐ Build an igloo!
☐ Come back inside and enjoy a cup of hot cocoa together!
☐ Go skating!
☐ Go snowshoeing
☐ Pitch snowballs at a target!
☐ Jump snow pile hurdles!

Be a Healthy Family!

Bundle up to take advantage of our winter wonderland!
Being outside in winter is more fun – and safer – when you’re dry, warm, and comfortable. Dress in layers that capture air between them but that aren’t so bulky you can’t move easily. Then when you start to work up a sweat, take off a layer!
March’s Health-H-Challenge:

Take a walk with a buddy every week!

**Why?**

- Walking is easy!
- All you need are shoes with good support and someplace to go!
- Walking together offers time to talk with your family!
- Have fun together!

**How?**

- Just head out the door, walk 10 minutes and then head back home!
- If it feels good, add another 5 minutes!
- Make walking a habit – like every evening after dinner!

Gradually increase your time and distance!

- Use a pedometer to keep track of your steps – and keep you motivated!
- Aim for 10,000 steps a day!
- Walk briskly but so you can still talk with your buddy!

Be a Healthy Family!

The family that walks together really goes places!
March 2013

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**Notes:**

Did you know research shows that:
- walking is good for your brain, as well as your body;
- prevents diseases like diabetes, cancer and heart disease;
- and eases symptoms of depression?

Take a walk! It’s good for you!
April’s Health-H-Challenge:

TAKE A HIKE - a walk of an hour or more twice this month!

**Why?**
- Your feet can take you places wheels can’t go!
- Hiking strengthens different sets of muscles, especially if you carry water and food or if you go up hills!
- Have fun together!

**How?**

Plan Before You Go the Distance!

- Where will you go? Look at your library for hiking trails near you!
- How far will you hike? Start slow - an hour on even ground, for instance, and gradually build endurance!
- What will you wear? Shoes with support; layered, comfortable clothing; hat; insect repellent...
- What will you take? Water (about 1 pint per hour), high-energy snacks, first-aid kit, camera...

Be a Healthy Family!

See new places on your own power!
Spice up your hikes with geocaching. Don’t know how? Ask your 4-H Office about 4-H Geospatial Science programs! Who knows where your hiking shoes will take you?
May’s Health Challenge:

RIDE YOUR BIKE - Every week!

Remember your helmet!

Why?

- Biking is so much fun, it doesn’t feel like exercise!
- Bike to school or work, or to do errands, and activity fits into your busy life!
- Biking is a green activity – good for the environment and your health!
- Have fun together!

How?

Be Safe on Wheels!

- Follow the biking rules of the road!
- Choose safe routes with low traffic!
- Ride with – not against – traffic!
- Signal turns!
- Always wear a helmet that fits well!
- Parents -- model safe choices for your kids!
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Remember to wear a helmet and other protective gear when skateboarding or in-line skating. Protect wrists, knees and elbows! Being active is always more fun when you aren’t bruised or bleeding!
June’s Health-H-Challenge:

TRY 2 NEW LIFETIME SPORTS - activities you can enjoy now and as you get older!

Why?

✦ Being active is important for kids – and for grown-ups too!
✦ Choosing activities that are fun – and that we can do anytime – means we’re more likely to be active!
✦ Have fun together – for a lifetime!

How?

Check off Lifetime Activities Your Family Might Try!

- Dancing
- Swimming
- Canoeing
- Kayaking
- Skiing
- Bowling
- Playing golf
- Fitness walking
- Bicycling
- Fly-fishing
- Martial arts
- Yoga
- Snow-shoeing
- _____________

Be a Healthy Family!

Find new ways to play and the fun never stops!
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Summer is a great time to explore your own back yard! What lifetime sports can your family try at or near your home? Think beyond what you’ve already tried. Consider new opportunities to be active!

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**Notes:**
July’s Health Challenge:

**DRINK LOW-FAT MILK AND WATER Instead Of Sweetened Drinks!**

**Why?**

- Keep your bones strong and your body hydrated!
- Avoid a lot of sugar -- it fills us up, but doesn’t give us other nutrients we need!
- Go slow with 100% juice -- just once a day.
- Have fun together!

**How?**

Try these ideas for healthy drinks!

**Water with a twist**
Add sliced fruit like pineapple, oranges, apples, berries or whatever else is in season, to cold water and chill for a hint of flavor and healthy refreshment without all of the extra sugar!

**Fruit smoothies**
Blend skim milk, yogurt and fresh or frozen fruit together for a tasty, calcium-rich treat!

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**Be a Healthy Family!**

Read Nutrition Facts Labels to know how much sugar is in a drink!
Look out for drinks with lots of sugar! If you drink just one 20 ounce cola (2.5 servings) a day for a year, that adds up to 32 pounds of sugar! Way too much!
August’s Health-H-Challenge:

Enjoy More Vegetables and Fruits!

**Why?**
- Veggies and fruits are packed with good stuff -- nutrients and fiber that keep us healthy and prevent disease!
- All that and they are low in calories, too!
- Make your meals full of color and great flavor!

**How?**
- Make half of your plate veggies and fruit at every meal and snack!
- Make it easy to grab veggies and fruit for a snack! Slice them up and keep them in clear containers in your fridge!
- Let kids try veggies and fruits many times, but don’t push or they may resist them more!
- Keep canned, frozen and dried fruits and veggies on hand for when fresh aren’t available!
- Get kids involved in food prep. They’re more likely to try what they help fix!

Be a Healthy Family!

Savor the flavor, color and crunch of veggies and fruits!
Eating fruits and veggies is a great way to lighten up your meals on a hot summer day! Bite into crisp, cool melon, or slice up a thick, juicy tomato, and savor the flavor of the season!
September’s Health H-Challenge:

GO SLOW with Fast Foods!

Why?

- Fast foods are loaded with fat and calories!
- Portions are often large!
- Fast food meals often don’t include many veggies, fruits, whole grains, fiber or low-fat milk!
- We can do better!

How?

Try some of these ideas!

- Eat fast foods (including convenience foods) less often.
- Look for Nutrition Facts on restaurant websites to make healthier choices when you do eat fast.
- Share larger orders to eat smaller amounts.
- Make quick, easy and healthy meals at home -- for less money, as well as fewer calories.

Be a Healthy Family!

Know what you’re eating! Consult Nutrition Facts before you go out to eat!
Look out for fat and sugar in frozen or boxed meals and snacks! Instead, make up some home-made bean dip with whole wheat pitas, or make mini-pizzas on English muffin halves. Add veggies and fruit to make any snack healthier!
October’s Health- H- Challenge:

USE “10 TIPS”
to Make All Your Plates Healthier!

Why?

➔ To be active, learn and do our best, we need healthy fuel for our bodies!
➔ For help choosing your plates, see the 10 Tips Series: www.choosemyplate.gov
➔ Balance the food on your plates for a healthier you!

How?

Use the “10 Tips Nutrition Education Series”

Learn what you can do to help your family eat and play well! Find information on all kinds of healthy eating topics, including:

- Kid-friendly Veggies and Fruits
- Make Half Your Grains Whole
- Got Your Dairy Today?
- Build a Healthy Meal
- Healthy Eating for Vegetarians
- Smart Shopping for Veggies and Fruits
- Cut back on your Kid’s Sweet Treats

Be a Healthy Family!

Eat healthy so you can play, learn and do your best every day!
For all of your meals and snacks, make half your plate vegetables and fruits!
Make at least half your grains whole for fiber and important nutrients!
Get calcium-rich foods and go lean with protein!