



Children's Services

be a fit kid

There is a lot of discussion these days about fit kids. People who care for kids, like parents, doctors, health care professionals, & teachers, want to help kids be fit.

Being fit is a way of saying a person eats well, gets a lot of exercise, and has a healthy weight. If you are fit, your body works well, feels good and looks healthy. When you are fit, you can do all the things you want to do, like run and play with your family and friends.

You and your parents can work together to become fit. Some steps only parents can take like buying healthy food, and selecting good food choices for meals & snacks. Kids can help too by asking your mom and dad to go on a walk with you or do something active and fun.

Here are five rules to live by, if you are a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some special days (like your birthday or a holiday) might call for cake and ice cream.

Eat a Variety of Foods, especially Fruits and Vegetables:

You may have a favorite food you like to eat, but the best choice is to eat a variety of foods. If you eat a variety of foods, you are more likely to get the nutrients your body needs. Shoot for at least five servings of fruits and vegetables a day.

Here is a combination that might work for you:

Strawberries on your cereal
Baby carrots at lunch with a sandwich
An apple or banana for a snack
Broccoli at dinner along with a salad
What is your favorite vegetable?
What is your favorite fruit?

Drink Water and Milk Most Often:

Cold water is the number one thirst-quencher when you are really thirsty. Milk is important to drink too because it has calcium and kids need calcium for strong bones. Your doctor and parents can help you figure out how much you need.

On occasion, it is ok to have juice, but you want to make sure it is 100% fruit juice.

Again, your parents can help you with your selection. It is important to not drink a lot of sugary drinks like soda or fruit punches as they contain way too much sugar.

Source: KidsHealth

Listen to Your Body:

What does it feel like to be full? Next time you eat, try and pay attention to how your stomach feels when it is full. Sometimes we eat too much because we don't recognize when we are full and we just keep eating. Eating too much can make you feel uncomfortable and over a period of time, can lead to unhealthy weigh gain.

The activities I like to do are:							

Be Active:

One job you have as a kid, and it's a fun one, is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate or kickball or dancing. Ask your parents to help you do your favorite activities regularly. Maybe they will even join you and you can have fun together. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or day says it's time to stop watching TV or playing computer games.

Limit Screen Time:

What is screen time? It is the amount of time you spend sitting and watching TV or playing video games. It is also time spent on the computer. The more time you spend on these sit down activities, the less time you have for fun active stuff like basketball, riding a bike, or swimming. Try to spend no more than 2 hours each day on sit down activities.