

Healthy Kids News



Healthy Kids Club®



SPRING 2016



**Join the
Healthy Kids Run Series!**

Healthy Kids Run Series offers kids ages 5 through 12 the opportunity to participate in one-mile fun runs! Kids who complete four or more runs earn prizes. For more information, visit healthykidsclub.org

Students get fit and have fun at Monfort Elementary, page 2

What-a-melon! Fun ways to serve up watermelon, page 4

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Healthy school spotlight

Students get fit and have fun at Monfort Elementary



At Monfort Elementary in Greeley, Fit N Fun is an afternoon club for first and sixth graders. Students that are part of the club are called Student Wellness Leaders. Each week, the club meets twice to get active and learn about healthy habits. Student Wellness Leaders share what they learned with fellow students and their families. Two fifth grade teachers, Katie Belt and Kaitlin Farrugia, and PE teacher Marissa Hughes, formed the club to promote physical activity after school. “The kids are so excited to be a part of Fit N Fun. Parents tell us how much their student looks forward to club time each week,” said Hughes. In September, the club participated in the Superhero 5k and won for having the largest school team. The group was able to use the prize money for club T-shirts and more recess equipment. Way to go, Monfort!

Is your school, teacher or club making a difference in the health of students? Nominate them for a Healthy School Spotlight! Email Katie Castillo at katharine.castillo@uhealth.org.

Get up and go outside

*By Sue Schafer, education specialist
Fort Collins Natural Areas Department*

We all know that exercise is important and that Americans spend millions of dollars on gym memberships and health fads. But what if getting healthier was as simple as going outside? New research shows that reconnecting kids to nature can help combat a multitude of childhood health problems that seem to be increasing at an alarming rate. Kids today spend an average of seven hours a day looking at a screen and less than 30 minutes outdoors. This sedentary lifestyle has led to overweight, depressed and sick children. The good news is that reconnecting kids to nature has been shown to promote better cognitive skills, more creativity and better physical well-being. Kids who spend time outside seem to handle stress better and have better social and problem-solving skills.

Good quality nature play is more than just opening the door and kicking your kids outside. Our kids have lost the basic knowledge of how to play on their own. When they play with electronics, modern toys or even at traditional playgrounds, the rules are made up for them. When they go into nature they simply don't know what to do.

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(story continued on page three)

Healthy Kids Club is a community health program sponsored by UHealth to promote health and fitness for children and families. Healthy Kids Club programs include the Schools on the Move 5210 Challenge, the Healthy Kids Run Series, the Fit Families on the Move summer program, BstrongBfit and classroom health education.

healthykidsclub.org



(story continued from page two)

To help, here is a basic recipe for quality outdoor time:

1. **The right place.** Pick a place that is wild to a child's eyes. Your backyard might be perfect.
2. **The right kind of play.** Give your kids unstructured time to develop their own games and get in touch with their imagination.
3. **Repeat.** Try to spend at least 30 minutes outside each day and watch the results.
4. **Join them!** Remember how much fun you had playing outside when you were younger? Show your kids how to look for trolls and fairies, build forts or have a backyard campout. You will feel the health benefits, too.

Join them! You will feel the health benefits, too.

Need more ideas? Local government in northern Colorado has preserved thousands of acres of natural space that provide habitat for wildlife and a free place for you to explore. Visit your city's website to learn more.

- » **Fort Collins:** fcgov.com/naturalareas
- » **Loveland:** cityofloveland.org/openlands
- » **Greeley:** greeleygov.com/activities/parks.



Family fun



Five reasons to eat watermelon.

Big, juicy slices of watermelon served at a picnic table are an essential summer snack – sweet enough to be dessert but, as several recent studies remind us, good for our health as well.

1. **It hydrates.** Made up of 92 percent water and full of important electrolytes, watermelon is a great snack to have on hand during the hot summer months to prevent dehydration.
2. **It's rich in vitamins and minerals.** Vitamin A, vitamin C, fiber, choline and amino acids are just a few of watermelon's healthy attributes.
3. **It promotes heart health.** Watermelon is rich in lycopene and other antioxidants, which may help protect against heart disease.
4. **It can prevent asthma.** The risks for developing asthma are lower in people who consume a high amount of certain nutrients. One of these nutrients is vitamin C, found in many fruits and vegetables, including watermelon.
5. **It soothes sore muscles.** Watermelon and watermelon juice have been shown to reduce muscle soreness and improve recovery time following exercise in athletes.



Healthy Kids Recipes

Get the whole family cooking with these healthy, delicious recipes.

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products and lean protein.

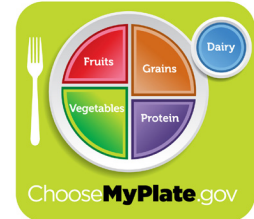
Fruits: Use fruits as snacks, salads and desserts. At breakfast, top your cereal with bananas or strawberries or add blueberries to your pancakes.

Vegetables: Eat more red, orange and dark-green veggies like tomatoes, sweet potatoes and broccoli.

Grains: Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice and pasta.

Dairy: Choose skim (fat-free) or 1 % (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Protein: Eat a variety of foods from the protein group each week, such as seafood, beans and peas, nuts, lean meats, poultry and eggs.



WHAT-A-MELON! FUN WAYS TO SERVE UP WATERMELON FOR KIDS

Watermelons have become synonymous with summer and picnics, and for good reason. Their refreshing quality and sweet taste help to combat the heat and also provide a sweet treat for kids and adults alike to enjoy.

Watermelon Salsa

Makes: 8 servings

Try it with tortilla chips as a refreshing alternative to a tomato salsa.

Ingredients

- » 3 cups finely diced seedless watermelon (about 2 ¼ pounds with the rind)
- » 2 jalapeno peppers, seeded and minced
- » ½ cup chopped cilantro (about ½ bunch)
- » ¼ cup lime juice
- » ¼ cup minced red onion (about ½ small)
- » ¼ teaspoon salt, or to taste

Instructions

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine. Season with salt. Serve at room temperature or chilled.

Tip: The seeds and surrounding membrane are the spiciest part of the jalapeno. To increase the heat of the salsa, use some or all of the seeds, depending on your preference, along with the flesh of the pepper.

Watermelon, Radish and Avocado Tacos

Makes: 4 servings

Ingredients

- » 4 cups butter lettuce leaves
- » 2 cups seedless watermelon, cubed
- » 1 avocado, cubed
- » 2-3 radishes, julienned
- » ½ cup pine nuts, sunflower seeds, walnuts, pistachios or almonds, toasted
- » Extra-virgin olive oil
- » Juice of 1 lime
- » Generous pinch of sea salt

Instructions

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Fill each lettuce cup with watermelon, avocado and radishes. Sprinkle with nuts, drizzle with olive oil, add a squeeze of lime juice and season to taste with salt. Serve immediately.

Watermelon Agua Fresca

Makes: 4 cups

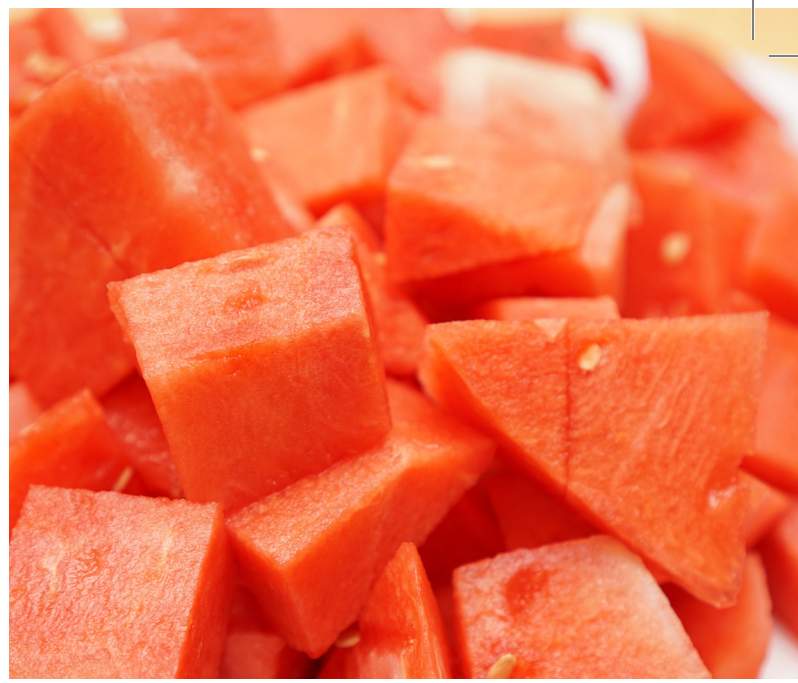
Ingredients

- » 2 ¼ pounds cold seedless watermelon
- » 1 cup very cold tap water
- » 1 tablespoon fresh lime juice
- » 1 ½ tablespoons honey (if you like)

Instructions

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Cut the watermelon flesh away from the rind. Cut the watermelon into chunks.
2. Put the watermelon chunks, water, lime juice, salt and honey (if you like) in the food processor or blender. Put the top on tightly.
3. Turn the food processor or blender on to medium and blend until the mixture is liquefied and smooth.
4. Serve right away, or cover and refrigerate up to 4 hours. Stir before serving.



I Heart Watermelon

Makes: 2 servings

Ingredients

- » One ¾-inch-thick slice seedless watermelon
- » Special equipment: Heart-shaped cookie cutter (or other fun shape)

Instructions

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Set the watermelon slice on the cutting board.
2. Press the cookie cutter into the watermelon, cutting out as many hearts as you can fit in the slice. If you don't have a heart-shaped cookie, use a paring knife to cut your own rustic hearts..



Healthy tip

Playing it safe this summer



There is nothing quite like the happy sounds of children at play. As the weather gets warmer, we are likely to take our kids to local playgrounds and parks. A few simple reminders can keep everyone safe and injury free this summer.

- » Actively supervise children on playgrounds. They'll probably be calling you to watch them climb, jump and swing!
- » Teach children that pushing, shoving or crowding while on the playground can be dangerous.
- » Avoid the risk of strangulation by removing necklaces, purses, scarves and clothing drawstrings.
- » Check the playground for shock-absorbing surfaces, such as rubber, synthetic turf, sand or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete or dirt.

Let's ensure a safe summer for our kids.

Safe Kids Larimer County is a partnership of hospitals, healthcare organizations, police, fire, EMS, parent groups and private individuals committed to preventing childhood injuries, the leading cause of death among children ages 19 and younger.

Camping: backyard and beyond

Fresh air; amazing scenery; glimpses of wildlife; vast starlit nights. Not only will camping in the great outdoors be an excellent excuse to turn off the TV, it will also make for a great family bonding experience. Camping is fun, however it does take a bit of planning, practice and patience. Here are a few ways to give your family a memorable camping experience.

Start small

Practice camping at home. If your kids are outdoor newbies, pitch a tent in the backyard or even inside your home. Let them hang out in it and sleep in it so they become comfortable with a new sleeping environment.

Pick the perfect site

After you've mastered your own yard, book a one-night trip at a campground within a short driving distance of your house. Many campgrounds offer more than just nature. You can pitch a tent at one with a playground or even one with organized activities. That way you have a backup if your child tires of your nature hike. Do your research and you'll find a perfect campground for your whole family.

Be a kid again

Whether you camp in the backyard or the middle of nowhere, taking a break from the hectic pace of daily life and turning off the TV for even one night can help you reconnect as a family.

Practice camping at home.
If your kids are outdoor newbies, pitch a tent in the backyard or even inside your home.



5210 Every Day!

Zero sugary drinks = a healthy smile



By Katherine Galm, DDS
Pediatric Dentist at Pediatric Dentistry of Loveland

Over the past 30 years, drinking sugary beverages, such as soda, juices and sports drinks, has become an increasingly popular and seemingly harmless habit, especially among children and teens. However, this is not the case. Research shows that sugary drinks contribute to childhood obesity.

What happens when a child drinks sugary beverages? The teeth get bombarded with sugar every time a sip is taken, in addition to the carbonic acid present attacking the tooth enamel and wearing it down. Enamel breakdown leads to cavities. If erosion spreads beneath the enamel, pain and sensitivity may eventually result. The more frequently a child consumes sugary beverages, and the larger the quantity they drink, the higher the risk for dental decay.

For a healthy smile, stick with the 5210 guidelines and choose 0 sugary drinks.

How can you protect your child's teeth?

- » Choose water and low-fat milk.
- » Keep a water bottle on hand.
- » Fill a pitcher of water and keep it in the refrigerator.
- » Try flavored, unsweetened seltzer water.
- » Choose whole fruit instead of juice.
- » For a healthy smile, stick with the 5210 guidelines and choose 0 sugary drinks.





Healthy Kids fun zone

S U M M E R BINGO!

Try to get a "BINGO" by checking off an entire row (any direction) of activities as you do them this summer. If you're feeling adventurous, try to get a "BLACKOUT!" For even more fun, get your family involved.

Go to 3 parks	Run a race	Go down a water slide	Fly a kite	Plant a garden
Visit a museum	Go screen-free for a day	Go hiking 	Eat a new fruit or vegetable	Visit a farm
Go fishing	Make something out of a box	FREE!	Take a family bike ride	Go camping
Go stargazing	Read 5 books 	Go to a farmer's market	Visit a new city or state 	Go on a family walk
Donate some toys or clothes	Swim in a lake	Build a sandcastle 	Go to a library	Have a picnic

FARMER'S MARKET Crossword

Use the clues below to fill in the blanks of the puzzle with things you could find at a farmer's market.

- Look for dark, leafy greens like [1-across] A____L____, [2] _A_E and [3] S_I____. Chop and add sliced [4] C____E_S for a fresh summer salad!
- Make a fresh summer [5] S_____ by combining some mild or spicy [6] P__P____, [7] O____S, a [8] T__A__, garlic, cilantro and a splash of [9] L____ in a food processor and blending together.
- Farmers [10] P__W the ground and plant rows of [11] C____G_S, [12] B__C_O_I, brussel [13-down] S____S and [14] C____S.
- Early in the summer, look for sweet, bright red [13-across] S____W____, sugar snap [15] P__ and fresh cut [1-down] A_P____G_S.

A crossword puzzle grid with black squares. The grid contains the following letters and numbers:

- Row 1: 1 A, 9 L
- Row 2: 6 P, 10 P, 15 P, 4 C
- Row 3: 12 B, 8 T
- Row 4: 13 S, W, 11 C, G, 5 S
- Row 5: 7 O, 2 A, E
- Row 6: 3 S, I, 14 C, S

Vegetable icons are placed in the grid: a green leafy vegetable (top), a yellow bell pepper (left), a red chili pepper (middle), a green cucumber (middle), a yellow pear (right), a watermelon slice (bottom), and a head of lettuce (right).