



Fit For Life: A Family Approach

Fitness, Physical Activity and Appearance

By Joan C. Elledge and Kathleen Stadler*

Fit For Life: A Family Approach is a nutrition series for families. The information, challenges, games, puzzles, and food preparation suggestions are designed to encourage you and your family to discuss daily habits that promote good health.

Read the publication, solve the puzzles, and play the Table Talk Challenge with your family. Become a "Fit for Life Family!" and meet the Virginia Cooperative Extension's challenge!

- 🍏 Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods
- 🍏 Eat 2 Servings of Calcium Rich Foods
- 🍏 Daily Physical Activity
- 🍏 Handle Food Safely

Your Challenge is to help your family include 30 minutes of physical activity in their schedule most days of the week.

Have an interview with your child:

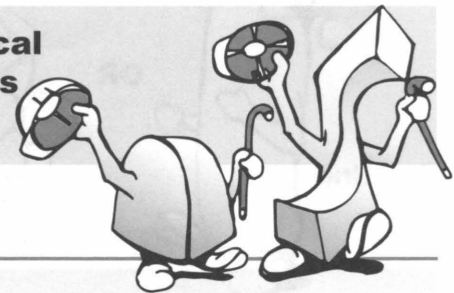
Each of you name 10 activities you like to do (swimming, skating, walking, reading).

Talk about your favorite activities that you can do with your child (partnering). Make a plan to do 30 minutes of activity each day. Talk about where and when you can do this and what equipment you need for the activity.

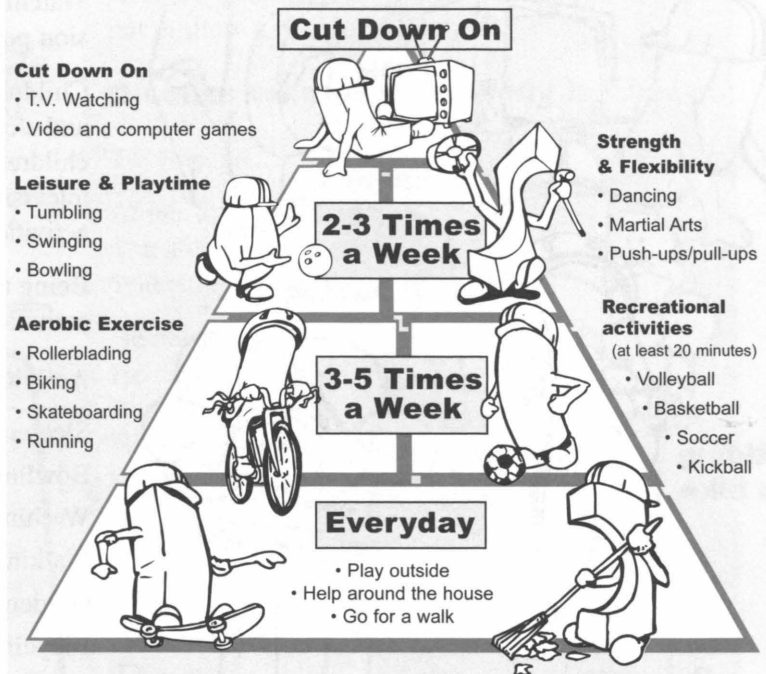
Happy Hearts are active people.

Couch Potatoes are not very active people. We learned that Couch Potatoes may develop health problems such as low energy levels, excess weight, and heart disease.

Exercise and physical activity are partners for good nutrition



Activity Pyramid



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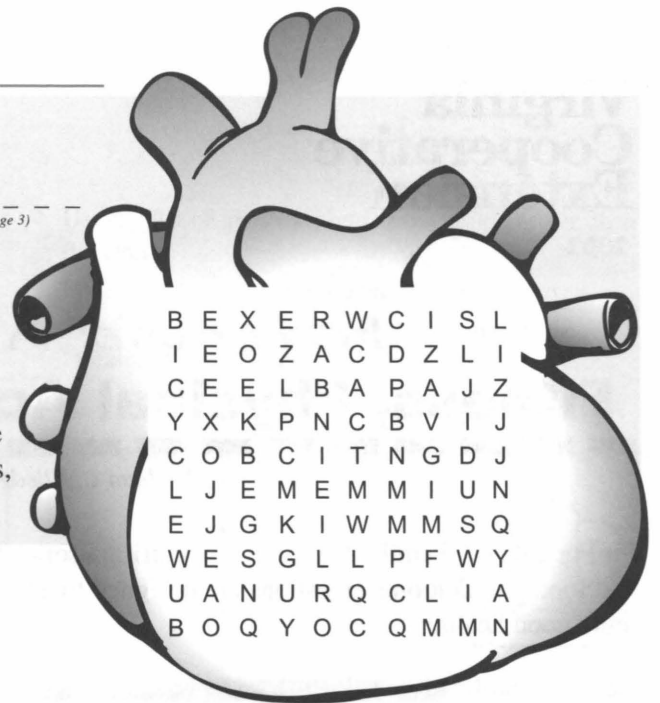
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What is good for your Heart?

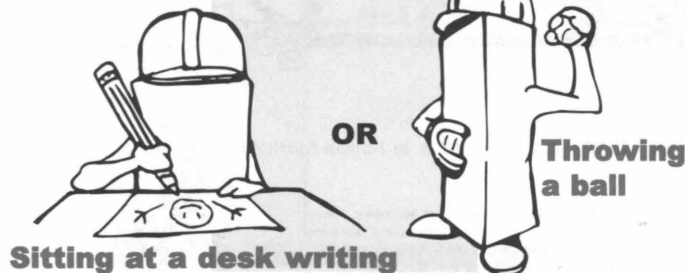
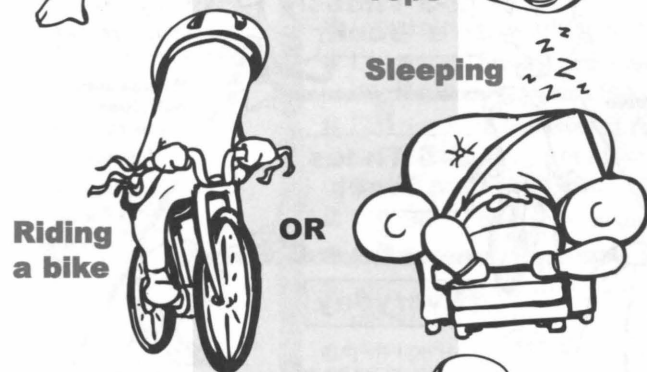
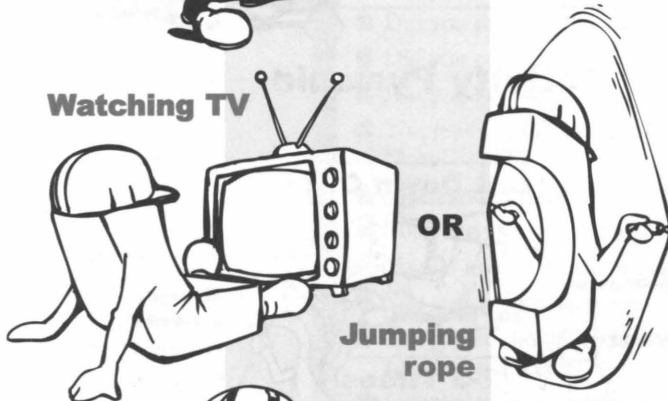
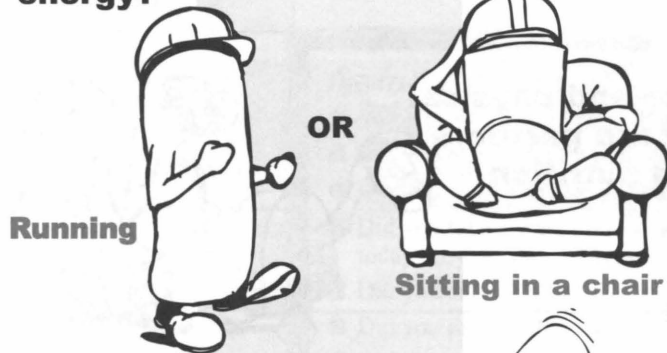
Solve the puzzle and put the answer here _____
(Find answer on page 3)

- | | | |
|------------|-------|------|
| BASKETBALL | DANCE | JUMP |
| BICYCLE | RUN | SWIM |
| CLIMB | WALK | |

Find these words hidden in the heart. Mark through the words as you find them. After you find all of the words, the remaining letters will spell the hidden word.



Circle the one who is using the most energy?



Did you know?

Exercise and physical activity help to prevent obesity. Adults and children who are overweight are more likely than persons who maintain ideal weight to develop high blood pressure, diabetes, heart disease, and cancer than persons who are not overweight.

Exercise can strengthen children's bones. Children who run, tumble, dance, and do gymnastics have stronger bones than children who are not active.

Watching even as few as two to five hours of television per week is linked to being overweight.

Children who watch many hours of television, videos and electronic games tend to be more overweight than children who watch less. Parents should set limits on television viewing and help children substitute other activities to increase being active.

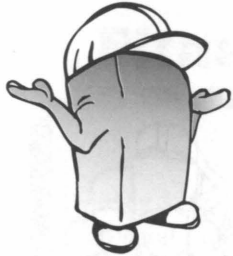
Being active uses calories. Did you do any of these activities today?

Activity	Calories per hour
Sleeping	65
Bowling	190
Washing and waxing the car	230
Walking, 15 min/mile	345
Gardening	390
Bicycling 6 min/mile	415
Square Dancing	420
Swimming 5.5 min/220 yds.	600
Running 7.5 min/mile	800

Get the whole family involved in games, bicycling or other active play.

Break the code and name the activity.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26



		23	1	12	11	9	14	7		
	19	23	9	13	13	9	14	7		
2	1	19	11	5	20	2	1	12	12	
	8	15	16	19	3	15	20	3	8	
18	15	12	12	5	18	2	12	1	4	5
	4	1	14	3	9	14	7			

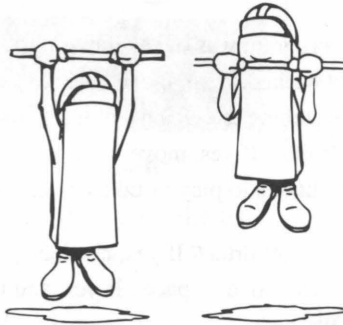
Write in the name of your favorite physical activity on the spaces below.

Student _____

Adult _____

What does Exercise do for your body?

- Builds strong bones and muscles.
- Improves strength and endurance.
- Develops motor skills and coordination.



Rainbow Salad

Wash your hands.

Select several different colored fruits. Wash, cut and mix to create a colorful mixture. Place in serving bowls or cups. Top with a tablespoon of yogurt and some chopped nuts if desired.

Discuss which of the 5 food groups are represented in the salad.

What could be added to make it a food guide pyramid salad including all of the food groups?

Read the poem below with your child. Then act it out or draw a picture of Harry.

Discuss what Harry's body is like.

TV Instead

At the TV Harry sat.
You always knew
Where he was at.

He never ran,
He never jumped,
But just sat there
His shoulders humped.

Here, Harry, hurry, come play ball
With Henry and me!

He never stirred,
Or moved his head.
He'd rather see
TV instead.

So all his muscles withered away.
And there he sits
Until this day.

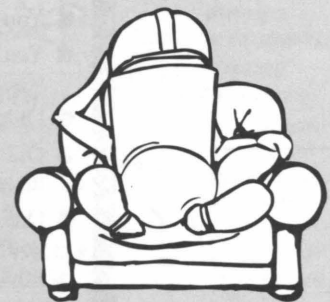


Table Talk Challenge

Game Rules:

1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer, then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.



Game moves:

- You played outside today. If yes, move 1 space.
- Did you eat 2 calcium rich foods today? If yes, move 2 spaces.
- Did you wash your hands before eating? If yes, move 1 space.
- Did you take a walk or do other physical exercise for 15 to 20 minutes today? If yes, move 1 space.
- Did you eat dry beans anytime this week? If yes, move 1 space.
- Did you drink milk today? If yes, move 2 spaces.
- Did you eat broccoli this week? If yes, move 2 spaces.
- Did you eat cheese this week? If yes, move 2 spaces.
- You read the label and selected a food that had 3 grams or less fat - Move 1 space.
- You turned off the television when the program was over - move 1 space.
- You rode in a car when you could have walked. If so, move back 2 spaces.
- You do not eat meals or snacks while watching television - move 1 space.
- You watch television with your parent/child - If yes, move 2 spaces.
- You turned the television off and went outside to play or take a walk. If yes, move 2 spaces.
- Did you choose to drink milk instead of a soft drink? If yes, move 3 spaces.
- Did you eat breakfast this morning? If yes, move 1 space. If yes, and it included a calcium rich food, move 3 spaces.
- Did you drink 6 glasses of fluids, especially water today? Move 1 space if you drank 2 glasses or move 2 spaces if you drank 4, move 3 spaces if you drank 6 or more glasses.
- You did not play actively outside. Move backward 2 spaces.
- You did not eat a vegetable today. Move backward 1 space.
- After serving yourself some milk, did you forget to put the milk back in the refrigerator immediately. If yes, move BACKWARD 1 space.
- Did you do an activity such as jump rope, play basketball or soccer. If yes, move forward 1 space.

