



Healthy Hints for Parents - Part 7

Make Fitness a Family Affair

(Part 2)

To all School Health Coordinators & Parents

This is part 7 of a series of 10 articles on how to encourage your children to eat healthy compliments from Kidz Bodz. If you would like these emailed directly to you every Monday please call 1300 73 11 49 or send your request via the Kidz Bodz web site @ www.kidzbodz.com.au & don't forget to make your Kidz Bodz School visit booking - individual class or whole school bookings available from only \$3 per student

As promised last week here is part 2 of "Make Fitness a Family Affair". If you missed part 1 just email us via our web site @ www.kidzbodz.com.au

Rule No 3:

Make physical activity so much fun they don't realise they are doing it

Being a large family of yours, mine and ours this rule has become something our family has become really good at. Weekends mean getting out and about as a family as it the only time we are all together. Try and do something physical with the family at least once each weekend and not only will you be physically better off but it will bring your family closer as a result. Here are some of the things we do.

- Get the whole family on bikes and ride to the park. Enjoy a bar-b-que and a game of soccer or cricket or just play on the playground.
- Go to the local swimming pool. Take a blow up ball and play keepings off with the whole family. A great half day of fun.
- A visit to the zoo. This means walking all day not to mention seeing some great animals.
- If you enjoy running or walking take the family with you. Some can ride, walk, rollerblade, you can even take the dog.

Rule No 4:**Be a great role model for your children.**

How can we expect our children to be physically active if we are not ourselves? Establish physical activity routines for yourself and your kids will follow.

- If you go to the gym, ride a bike or run or walk regularly take your kids along with you once a week. They will soon develop a genuine interest in personal fitness also.
- If you give them a job to do at home have one to do yourself at the same time. They will feel more like they are working with you as a team and therefore be more willing to assist.
- Don't expect your kids to ride or walk everywhere if you are always taking the car yourself. Get your walking shoes on more often as well.

Rule No 5:

Provide nutritious foods to encourage the physical vitality in our children. Remembering to choose lots of fresh foods and limit the processed and packaged choices. Fresh foods provide slow release energy which makes people feel more energetic.

Increase the variety of your child's daily food intake by following these tips:

- Include different coloured vegetables at meal times
- Give your child fruit every day. Offer a variety of whole fruits and try a new one each week.
- Vary the types of breads your child eats – try wholemeal, multigrain or rye
- Allow your child to choose a new healthy recipe to try each week
- Offer foods from different cultures – this is a great way to introduce your child to new foods and different flavours, colours, textures and aromas.

Australia's Physical Activity Recommendations for Children

Did you know that the Australian Government has recently developed Physical Activity recommendations for children aged 5 to 18 years of age? These are that:

1. Children and young people should participate in at least 60 minutes (and up to several hours) of moderate-to vigorous intensity physical activity every day.
2. Children and young people should not spend more than 2 hours a day using electronic media for entertainment (eg computer games, internet, TV), particularly during daylight hours.

Special Offer – \$3 student sessions in your school!

Don't miss out on the opportunity for your students to experience the fantastic Kidz Bodz program for only \$3 per student - Booking form & Details attached