

## **Getting Active in 2012**

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A new year is upon us! With the beginning of the year, we start to hear about resolutions. Why not resolve to have a healthier family in 2012? Throughout the warmer months, fitting in the recommended one hour or more of physical activity doesn't seem to be a problem. However, with the weather during the winter months, many families struggle to stay active.

Why do we need to be physically active?

- To build and maintain healthy bones and muscles
- Help students focus and learn while at school
- Maintain a healthy weight
- Boost energy
- Promote proper sleeping habits

How can we stay physically active, especially during the winter months?

- Take the stairs instead of the elevator
- Put music on and dance
- Engage in pretend play, such as pretending to be an animal
- Play active games, such as Simon Says, tag, or follow the leader
- Take a fitness class at your local YMCA or visit the WeThrive! Facebook page for information on free weekly fitness classes near you

If the weather permits, you can also:

- Take a walk together as a family
- Kick a ball together
- Play catch
- Toss a Frisbee
- Visit a playground or recreation center
- Ride bikes
- Build a snowman
- Go sledding

In addition to spending an hour or more engaging in physical activity, we also need to remember to eat healthy and limit our "screen time" to 2 hours or less per day. Screen time includes watching television, playing video games, and spending time on the computer. For more tips on staying healthy throughout 2012, you can visit [www.watchustrive.org](http://www.watchustrive.org), [www.healthykidsohio.org](http://www.healthykidsohio.org), or ask one of our providers or nurses for additional resources.

**Have a happy and healthy 2012!**