

# COUNT YOUR STEPS

## PARENT NEWSLETTER



### WHY EXERCISE IS COOL

#### **Exercise makes your heart happy.**

Your heart is a muscle that works hard pumping blood every day of your life. You can help your heart stay strong by doing aerobic exercise. Aerobic means "with air," so help your heart by doing activities that require oxygen like swimming, walking, soccer, skating, biking etc.

#### **Exercise strengthens muscles.**

Using your muscles when you exercise makes them stronger. Some activities that help build muscle strength are: push-ups, rowing, bike riding, and running.

#### **Exercise makes you flexible.**

Being flexible is having "full range of motion," which means you can move your arms and legs without feeling pain or tightness. Exercises that are good for flexibility are yoga, gymnastics, martial arts, dancing, and simple stretches.

#### **Exercise keeps the balance.**

Food gives your body fuel in the form of calories which you need to function, breathe, and walk around. If you are very active, you need more calories, and when you are less active, you need fewer calories.

#### **Exercise makes you feel good.**

Did you know that exercise can actually put you in a better mood? When you exercise your brain releases chemicals called endorphins which make you feel happier. It also feels good to have a strong, flexible body that can do all the activities you enjoy doing.

(Source: kidshealth.org)

### CRUNCHY FISH TRIANGLES

Cut 1/2 pound of tilapia fillets into twelve triangles. Pour a few tablespoons of fat-free milk into a bowl; dip fillets in milk, and then in a mixture of 1/3 cup unseasoned bread crumbs and 1 tablespoon dry ranch salad-dressing mix.



Arrange the fish triangles on a baking sheet lined with parchment paper, and spritz them with some vegetable oil. Bake in the oven at 450° F for 8 to 10 minutes, until fish flakes easily.

(Source: www.parents.com)

### TIPS FOR GETTING A GOOD NIGHT'S SLEEP

- Try to go to bed at the same time every night.
- Do something relaxing like taking a warm bath or reading before going to bed.
- Limit foods & drinks that contain caffeine.
- Don't have a TV in your room. Research shows that children with a television in their bedroom sleep less.
- Don't watch scary TV shows or movies near bedtime.
- Don't exercise before going to bed.
- Use your bed just for sleeping.

(Source: kidshealth.org)