



FYI Connections

A monthly newsletter for Tuscarawas County families.

January 2009

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Diabetes Association
- American Red Cross
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- HARCATUS Head Start
- Indian Valley Schools
- Kiwanis
- Dr. Michelle Levitt
- Nationwide Insurance
- New Philadelphia City Schools
- Norma Johnson Center
- Ohio State University Extension/4-H
- Super Fitness/Thin & Healthy's
- Total Solutions
- Strasburg Schools
- Tuscarawas-Carroll-Harrison Educational Service Center
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

FYI activities are funded through grants and local sponsorship. On-going support is being provided by the Twin City Hospital Healthy Community Outreach Program.

For more information about Fit Youth Initiative contact:

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Tuscarawas County
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Make Family Time a Goal for 2009

Submitted by Barb Airgood, Extension Program Assistant, 4-H, Tuscarawas County

How would you like to spend more time together as a family? It's often a challenge to fit work, family, and home life into a demanding schedule, but 4-H offers families the chance to work and learn together. 4-H is not just a youth organization; it's a family organization.

With more than 100 projects and activities designed to help families learn and grow together, there are many opportunities to develop interests and hobbies as a family. Youth and their families can work together on projects like science, engineering, natural resource conservation, child development, food and nutrition, sewing, photography, gardening, caring for pets and livestock, and a lot more. The topics are endless.

4-H is the youth development program of The Ohio State University. Its program's roots are in the girls' canning clubs and boys' corn clubs, which were started in the early 1900's to help young men increase their family's farm yields and provide safe food for families.

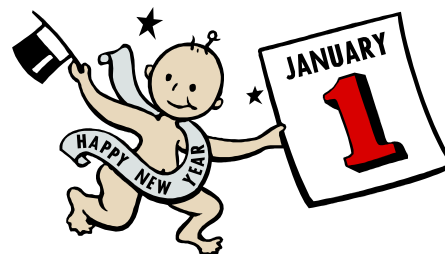
Today's families live everywhere. All youth ages kindergarten through 18, regardless of place of residence or family status, can find an interest in 4-H. For more information about a 4-H club in your area, call the Tuscarawas County office of Ohio State University Extension at 330-339-2337 or check out the state 4-H web site at www.ohio4h.org.



Family Tip

Use the following checklist as a guideline for setting healthy goals. Build a healthy habit family foundation by choosing one or more of these goals to work toward. In this busy world, the BEST plan may not always be possible, but it is ALWAYS worth working toward! Strive for a fit and fun family!

- Be a role model
- Include active play in family time
- Plan meals together
- Grocery shop together
- Eat meals together
- Set regular meal and snack times
- Turn off the TV when eating meals or snacks



Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

News from the Twin City YMCA! Winter session will include a "Rock-n-Rhythm" dance class for ages 4-10, basketball for ages 5-4th grade, and gymnastics for ages 2 and up. The afterschool program for all school aged children is available each day until 6 p.m. Call 740-922-1863 or email shannon@tuscymca.org for more information.

Union Hospital "Run for Home" training sessions begin on January 24th at 8:00 a.m. in the Reeves Auditorium. Whether you're planning to run in the half-marathon or the one mile fun run on April 19, or just want to learn more about getting fit, you are invited to participate in the six week series. There's no charge for the training sessions and no registration is needed. There will be something for everyone on race day! For more information, go to www.unionhospital.org and click on the Run for Home Graphic.