



FYI Connections

A monthly newsletter for Tuscarawas County families.

March 2008

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
Newcomerstown 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 Board of MRDD
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 Health Community Outreach Program.

For more information about Fit Youth Initiative contact:

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Fit as a Family—Cold Weather Activities

Submitted by Kelly Rager, Super Fitness and Thin & Healthy's Total Solutions

Source: iParenting.com



Winter can make staying fit a real challenge. While playing in the snow is fun, sometimes it's too cold to even do that safely. Parking yourself in front of the TV or video games not only leads to weight gain, but kids can get pretty rowdy if they're cooped up without a physical outlet for their energy.

No one knows that better than Debi Pillarella, M.Ed., C.P.T., a nationally recognized expert on children's fitness and the mother of two boys. "My sons are typical boys; they like video games just like other kids, but they do have a time limit," she says. "I use timers a lot, and I'll just tell them it's time to go and get some physical activity. I've made it a habit, just like brushing their teeth or going to bed."

Pillarella suggests creating a "**Bucket O'Fitness Fun**" with fitness equipment which can be suitable for indoor use such as: jump ropes, resistance bands, nerf balls, hula hoops, bouncing balls, cones and bean bags. Perhaps there is a room or area in your home where you can even **create a gym-like atmosphere for the winter** using mats, fun music, a VCR/CD player and TV with fitness tapes, and homemade weights, such as empty milk jugs filled with water. Join with the kids and make up some **fun fitness games** which could include balloon relays, cotton ball (as "snow" balls) fights, indoor Olympics, and fitness jar fun (pick an activity out of a jar).

Don't forget there are plenty of **out-of-the-house activities that can be done indoors** with little or no cost, such as mall walking, bowling, indoor skating rinks, and just old-fashioned outings that don't seem like exercise, such as going to a museum for example. Pillarella says to wear a pedometer, and you may be surprised how far you've walked on a day when you just thought you were having fun.

Local Event Highlights



Upcoming programs presented by FYI and its member organizations.

"Create Your Weight" Adult Weight Loss Program at Union Hospital—Informational meeting will be held on Wednesday, March 12 at 6 p.m. in the UH Auditorium. The 9-week program is led by a registered dietitian and includes three components: diet, exercise, and behavioral modification. The cost for the program is \$245. Phone 330-343-3311, ext. 2168 with questions.

School Sports Physicals at the Tuscarawas County Health Department—Appointments for physicals are being offered on the following dates: March 12, April 16, and May 15. Cost is only \$20 (cash or check only). For an appointment or for more information, call the Health Department at 330-364-4979 or 330-364-5718.

Family Fun Nights—Parents, mark your calendars for these active family events, coordinated by school nurses in partnership with Fit Youth Initiative.

Claymont Intermediate—Tuesday, March 11 from 6:30-7:30 PM

Dover East Elementary—Tuesday, March 18 from 6:30-7:30 PM

YMCA Healthy Kids Day—Saturday, April 12—Twin City events will be held at the YMCA in Dennison; those for the Tuscarawas County YMCA in Dover will be held at Tuscora Park. Watch for more information next month!

Union Hospital "Run for Home" - Sunday, April 13 at Tuscora Park—In addition to the half-marathon event, there will be a one mile run/walk, kids' fun, post-race entertainment, and health and fitness exhibits. All proceeds from the event will benefit Tuscarawas Valley chapter of Habitat for Humanity. Go to www.unionhospital.org and click on the "Run for Home 1/2 Marathon" for details, including free Saturday trainings being offered NOW!