



Wellness Wake-Up

A Project of the Belmont County Community and Family Wellness Coalition -
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Attention Parents ↗

Are You an Apple or a Pear?

When you stand in front of the mirror, are you shaped like an apple or a pear? Even if your weight falls within a healthy range for your height, body shape can be a clue to some health risks.

People with apple-shaped bodies store body fat around the waist or tummy area and have a greater risk for health problems like heart disease, high blood pressure or diabetes. If your body stores fat in the hips, buttocks, and thighs, you are considered pear shaped. These bodies may have a higher risk for varicose veins and orthopedic problems.

As your waist size increases, so do your health risks. Women who have

a waist measurement over 35 inches and men whose waist is over 40 inches are at greater risk.

The good news is that even if you are overweight, losing just 10 to 20 pounds may be enough to help lower certain health risks. You don't need to lose all of your excess weight to begin to experience benefits. To see how much difference even a small weight loss makes, try carrying a ten-pound bag of flour or potatoes around for an hour. This is just like your body carrying 10 pounds of extra weight. See how much better you feel when you stop carrying the extra weight.

Source: Duyff, R.L. (2006). American Dietetic Association Complete Food and Nutrition Guide, Revised and Updated. (3rd ed.) John Wiley & Sons, Inc., Hoboken, NJ.

Hop, Skip and Jump Your Way to Better Results in School!

Aerobic activity is not only good for your heart and muscles, it's also good for your brain! According to the American Heart Association, many studies show that kids who exercise regularly do better in school. Do some jump rope activities alone or with some friends as part of your homework each day!

JUMP ON IN:

Gather a group of friends and one long jump rope. Have two people be the rope turners and start with one person jumping. With each turn of the rope, another jumper jumps in until there is a miss. Trade turners and start again.

JUMPING JACKS:

Move your legs apart and then together with each jump, like you are doing jumping jacks.

ONE FOOT SWITCH:

Jump on one foot at a time switching feet with each jump.

Source: Jump Into Food and Fitness (JIFF), Michigan State University Extension, visit JIFF on the Web at: <http://www.msue.msu.edu/cyf/youth/jiff/index.html>

Attention Kids ↗

PBB Dog



You Need:

- 1 medium banana
- 2 tablespoons peanut butter
- 1 hot dog bun

Source: Steps to Success: Literacy, Fitness, and Food Activities for Young Children. Ohio State University Extension Service.

1. Wash hands.
2. Spread peanut butter on bun.
3. Peel banana and place on bun.
4. Cut banana dog in half.
5. Clean up the kitchen area.
6. Everyone wash hands.
7. Enjoy!

Nutrition Facts

Calories: 214
Fat: 10 grams
Protein: 7 grams
Carbohydrates: 29 grams
Fiber: 3 grams
Sodium: 196 mg

On-line Info

UNIVERSITY OF ILLINOIS EXTENSION
Healthy Hopping

Visit:

<http://www.urbanext.uiuc.edu/hopping/>
and find more jump rope ideas:

Jump Rope Stunts.
Jump Rope Rhymes and Games.
Jump Rope Snacks.
 Then turn off the screen & get going on 60 minutes of physical activity.



<http://belmont.osu.edu/community-and-family-wellness-coalition>