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# PARENT HEALTH BULLETIN

AUGUST 2010

Reprinted by:  
K-State Research & Extension  
Atchison County Office  
405 Main/PO Box 109  
Effingham, KS 66023  
913-833-5450  
[www.atchison.ksu.edu](http://www.atchison.ksu.edu)

## THIS MONTH'S TOPIC: PHYSICAL ACTIVITY

**P**hysical activity can be fun for both you and your child. You can help your child get moving:

- **Be physically active yourself.** If your child sees you participating in activities, he or she will be more likely to join in
- Plan family time with physical activity.
  - Go for a hike, a walk, or a bike ride together.
  - Play a game of tag together.
- Make chores a family affair.
  - When working around the house, you and your child are getting a workout.
  - Wash the car together or weed the garden.
- Set limits for non active times.
  - Limit the amount of time spent on the computer, watching TV, and playing video games.
- Set Goals!
  - Together with your child, set a specific goal for physical activity.

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*Together with your child, set a specific goal for physical activity.*

*After dinner, suggest that everyone go for a walk or a bike ride.*



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## **Time for physical activity**

Try to get your child to be physically activity throughout the day.

### **Morning**

- Even though it is a very busy this time of day, there are still chances for physical activity.
- Household chores such as making the bed or straightening the bedroom will add activity to your child's day.

### **Afternoon**

- Ask what your child did at recess everyday.

- Offer suggestions like walking around the play area or playing a game with friends.

### **Evening**

- After dinner, suggest that everyone go for a walk or a bike ride.

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**Written by:** Nicole Peritore  
Get Moving Kentucky Coordinator  
University of Kentucky HEEL Program

**Edited by:** Connee Wheeler

**Designed by:** Rusty Manseau

**Wally Cat and other cartoons by:**  
Chris Ware (@ University of Kentucky)

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