

# JACKSON ACADEMY

| HEALTH & WELLNESS NEWSLETTER |

## Note On Nutrition

### Childhood Obesity:

#### A National Epidemic

The prevalence of obesity in children has more than tripled from 1971 to 2011.

Nearly one and three U.S. children ages 2 to 19 are overweight or obese.

Childhood obesity is the number one health concern for parents in the nation, topping drug abuse and smoking.

Obesity causes a broad range of health problems, including high blood pressure, type 2 diabetes and elevated blood cholesterol levels.

### Exercise Guidelines

Children and Adolescents (6-17 years old) should be doing at least one hour of aerobic activity each day and strength training at least three times per week.



## Snacking Tips for Parents

Plan ahead and buy healthy snacks when you grocery shop. You will save money and make healthier choices, stopping you from buying snacks on the go.

Give kids choices and make the choices you offer nutritious.

Pre-portion your child's snacks into small plastic bags to grab on the go or put a snack-sized serving on a plate.

Assign an area in your refrigerator or cupboard for healthy snacks that you have selected and let your kids help themselves without having to ask for permission.





**Examples of Aerobic Activities:**

Skateboarding or rollerblading, fast walking, hiking, jogging, or running

Dancing to music

Playing tag or jumping rope

Basketball or volleyball

Biking

Tennis, hockey, or soccer

Swimming

Cheerleading or gymnastics

**Examples of Strength Training:**

Rope, rock, or tree climbing

Running or rowing

Push-ups, pull-ups, or sit-ups

Tug-of-war

Gymnastics or cheerleading

**Stretching** makes your muscles more flexible. Being flexible can help you avoid being hurt.

**Examples:**

Yoga, Martial Arts, Dancing and Gymnastics.

Combine snacks from at least two food groups to pack more nutrients into your child’s diet. It will be more filling and will hold them over until their next meal.

For example: adding milk to cereal, serving string cheese with whole-wheat crackers or fruit is an easy way to add calcium, protein, and other important nutrients to snacks.

**How Good is your Flu IQ?**

**Signs & Symptoms of the Flu Are:**

Fever (100-102, lasting 3-4 days)      Chest discomfort

Sore throat/congestion      Bad headache

Body Aches and pains, sometimes severe

There is still time to get the flu vaccine. Remember that it can take up to 2 weeks before the vaccine takes full effect.

Washing hands frequently, covering you mouth/nose with arm when sneezing and staying home when ill prevents the spread of the flu. <http://www.flu.gov/individualfamily/about/index.html>



