

KID-FIT News



The Quarterly Preschool Physical Education and Fitness Guide

Outdoor Play And Your Child



More than half of young American children attend some type of daycare or preschool. But the time spent there is mostly sedentary. The American Academy of Pediatrics

estimates that for every hour of child care, there's just 7 minutes of physical activity. Far short of the daily 1-2 hours of moderate physical activity recommended.

According to a recent study (J. of Public Health, Feb. 2016), parents who enroll a child in preschool actually provide less outdoor free play time for that child than parents of stay at home children. One possibility is that parents may mistakenly believe that their child is getting adequate physical activity at school. Or, parents who enroll children at childcare centers may both be working outside the home and have limited time to participate in outdoor activities.

Keep in mind outdoor play time

is very different from structured physical activities designed to give children health benefits. Many times children who need exercise the most are the ones that tire quickly or opt out altogether when it comes to outdoor free play time.

Opportunity to play outdoors is necessary for cognitive, physical, emotional and social development. But, building muscle mass, a healthy cardiovascular system, varied sports skills and flexibility all benefit more from structured programs designed for P.E. or fitness. The bottom line: Children need both outdoor free play and a variety of structured physical activities for a healthy body and mind.

Outdoor Play Helps Teach Children About:

- Space
- Distance
- Time
- The World
- Their abilities
- Risk Taking
- Exploring
- Social Skills
- Expending energy
- Mastering skills
- Small motor skills
- Large motor skills

Low Levels Of Lead Have Lasting Effects

With the recent news of lead contamination in drinking water, it's important to take a look at what's known regarding lead exposure and children.

First, The American Academy of Pediatrics states that there is no safe level of lead for children. In the past, the most common sources of lead were found in paint and gasoline. Those sources are gone but others remain such as contaminated soil, old paint remnants and bad water pipes.

Approximately 35% of children have tested positive for the presence of lead in their system. Especially vulnerable are minorities, children from low-income areas and those living in rental properties. Any child who has had a positive lead test may be at risk for long term damage.

What are the consequences? Children exhibit lower scores on identifying shapes, numbers and letters. They fall behind peers and as they grow

and are more likely to have permanent academic set backs.

What can be done if lead has been found in the blood of your child? Unfortunately, little. Chelation Therapy is one option - a procedure in which a synthetic chemical is injected into the body and binds itself to the lead. The lead is then filtered out through the kidneys. But, the effects may only be short-term with lead returning after treatment stops. Even with the best treatment outcome, it's

highly likely the negative effects will be long term.

The best way to address the issue is through prevention. By the time lead shows up in blood, the damage is done. Make sure buildings you live, work and spend time in are all certified lead safe. If you're not sure, have the soil and paint tested. Be safe, not sorry.



Healthy Recipe

Soy Simple Yogurt

Easy dairy free alternative to creamy Greek yogurt

- 1 quart unsweetened low fat soy milk
- 3 quart bottles, filled with boiling water
- 4 oz. almond or soy unsweetened low fat yogurt
- 1 cup fresh raspberries
- 3 Tbsp. raspberry jam
- Monk fruit or agave sweetener to taste

In an insulated ice cooler, place 2 covered jars of very hot water. On the stove, heat a quart of unsweetened soy milk (no additives in the milk, just soy and water). Heat and stir until the

temperature reaches 110 degrees on an instant read thermometer. Pour out the water in the third jar and pour in the soymilk. Add the non dairy plain yogurt (next time you'll have your own starter). Mix well. Cover with a lid. Place in closed cooler 12-14 hours.

Remove from cooler. Reserve 1/2 cup of yogurt in fridge as a starter for the next batch. Strain the remaining 6 or more hours through a coffee filter lined colander in the refrigerator. Enjoy plain or add your favorite fruit and jam.



Nutritional Information:

Calories per serving (6): 120
Total Fat: 3 gms.
Protein: 7 gms.
Carbohydrate: 16 gms.
Sodium: 67 mgs.
Fiber: 3 gms.

Outdoor Fitness Fun

March Along

Marching is the most basic locomotor skill children learn after they are able to walk. Here are some fun versions.

1. Musical Marching. Play music as children move around the area. When you stop the music they must freeze. While marching give them quick directional changes like forward, backwards and to the side. Stop the

music periodically and have the children freeze in place. When the music plays again have them march again. Continue several times.

2. Follow the Marcher. You become the leader (Marcher). Children follow you around the play area. They must imitate the way in which you march. March with knees high/low, wide apart/close together, slow motion/ fast, going uphill/downhill, etc., etc.

3. Attention! Children pretend to march as if in a marching band, a soldier or guard. Whenever you call out "Attention!" they must stop and stand upright holding perfectly still at attention. Blow a whistle for them to return to the activity. Repeat several times.



Need more activities? See a new indoor P.E. activity here each month: http://www.kid-fit.com/free_pe_activities.html



Visit us on the web!
www.kid-fit.com

Aerobic Fitness Consultants, Inc.
135 W. Maple Ave.
Monrovia, CA 91016

Phone: 626-359-8535
E-mail: corporate@kid-fit.com

KID-FIT is a subdivision of Aerobic Fitness Consultants, Inc. (AFC), professional health and fitness educators. KID-FIT provides preschool children, their primary caretakers, and educators a structured curriculum for promoting healthy lifestyle habits of regular exercise, sound nutrition and rest starting as young as age 2. Since 1986, AFC has offered adult fitness classes in a studio environment and personal training for various groups and individuals. KID-FIT licensing opportunities are available in the United States and abroad. For more information, call (626) 359-8535.