



Grandparents Corner

May 2016

Get Moving for National Physical Fitness and Sports Month

National Physical Fitness and Sports month is the perfect time for children and families to get outside and play together. You don't have to be an Olympian or be able to throw a football 40 yards down the field to be active.

Today in America, one-third of all children and two-thirds of all adults are overweight or obese. We all know that physical activity can help build lean muscles, reduce fat, and promote strong bones along with muscle and joint development.

So how do we get the kids to exercise at any age? No matter what your child's age, there are always things they can do to keep active. Many times, parents simply don't know how to get their kids off the couch.

Here are a few ideas to start your child moving:

Kids Ages 1 to 3

- Play "Ring Around the Rosie".
- Toss a beach ball back and forth.
- Make an obstacle course in the house with boxes, chairs, etc.
- Play musical chairs.
- Take them to a nearby kids gym for a class with other children.
- Go to a local park.

Kids Ages 3 to 7

- Play hopscotch.
- Do jumping jacks and count how many you can do.
- Take a bike ride through your neighborhood or local park.

Kids Ages 7 to 11

- Practice somersaults, cartwheels and hand stands, and consider signing your child up for gymnastics class.
- Do a gardening project - it's a great learning situation and your kids may even want to eat the veggies they grow.

Kids Ages 12 and Up

- Make up dances for the kids to do.
- Have the kids help you with yard work.
- Pay the kids an allowance to help walk the dog.
- Take the kids rollerblading in your neighborhood or to a skating rink.
- Play badminton as a family.

Physical activity can have all sorts of beneficial effects. Research suggests that active people are less depressed than inactive people. Regular exercise may prevent mild to moderate depression or help keep it controlled over time. Exercise can improve a person's outlook, and it offers a sense of competence and achievement. It can also diminish the impact of stress and may help take your mind off your trouble and improve your sleep.

Source: United Health Care - www.unitedhealthcare.com and www.letsmove.gov

Experts say many well-conducted studies have been published worldwide regarding a link between diet quality and common mental disorders such as depression and anxiety. Diet is as important to mental health as it is to physical health. Read the issue and answer True or False to the questions below.

1. *The emotional and mental challenges in older adults are often related to difficulty in adjusting to physical changes or poor health, as well as other issues such as loneliness.*
T F
2. *As a caregiver, you can help the person in your care deal with physical challenges by changing your own attitude toward their disabilities and focus more on their abilities.*
T F
3. *Allowing the person in your care make more choices to give them a greater sense of control will not help them deal with the challenges of aging.* T F
4. *One of the factors that increases one's risk for depression is poor nutrition.* T F
5. *After heart disease, depression is the second cause of disability among the older adults.*
T F
6. *Staying physically active can help ease the symptoms of depression.* T F
7. *Eating a healthy, balanced diet can help protect the body from diseases and prevent mental health disorders as well.* T F
8. *All dietary supplements undergo government testing or review before they are put on the market.* T F
9. *Due to the many physical changes associated with aging, the effects of alcohol and drugs are a lot worse in older adults.* T F
10. *Older adults are especially vulnerable to drug-related balance problems because drugs are absorbed and broken down differently as people age.* T F

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. F 9. T 10. T