



# Grandparents Corner

November 2014

## Youth Physical Activity

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Being physically active is one of the most important steps to being healthy. Families play an important role in helping youth learn to be active and stay active throughout their lives.

### **How Does Physical Activity Help?**

- Builds strong bones and muscles.
- Decreases the likelihood of developing obesity and risk factors for diseases like type 2 diabetes and heart disease.
- May reduce anxiety and depression and promote positive mental health.

### **How Much Physical Activity Do Youth Need?**

- **Aerobic Activity** - Most of the 60 or more minutes per day should be either moderate or vigorous intensity. This could include bike riding, brisk walking, running, dancing, and playing active games like tag, soccer and basketball. This activity should take place three days per week.
- **Muscle-Strengthening** - At least three days per week as part of the 60 or more minutes. Strengthening activities for younger children include gymnastics, playing on a jungle gym, and climbing a tree. Examples of strengthening activities for an adolescent include push-ups, pull-ups, and weightlifting exercises.
- **Bone-Strengthening Activities** - Three days per week as part of the 60 or more minutes. Bone-strengthening activities include hopping, skipping, jumping, running, and sports like gymnastics, basketball and tennis. Activities should be age-appropriate, enjoyable, and offer variety.

Youth learn a lot about physical activity from their families. Family members who enjoy physical activity can help children enjoy physical activity. Caregivers play a very important role in determining youth participation in physical activities - how much, how often, and what type of physical activity. Caregivers can also help youth balance non-active time periods (watching TV, using the computer, or talking on the phone) and physical activity.

Some Things You Can Do to Help Keep Your Child Active:

- √ Model positive physical activity
- √ Help children be active with their friends
- √ Encourage physical activity for youth
- √ Limit "screen time"
- √ Partner with your child's school

**BE ACTIVE and PLAY 60 MINUTES EVERYDAY!**

Source: CDC - Centers for Disease Control and Prevention - [www.cdc.gov/Healthy/Youth](http://www.cdc.gov/Healthy/Youth)

# A Tribute to Grandparents Raising Their Grandchildren

by Rolanda T. Pyle

We would like to celebrate you for all you've done. For caring for your granddaughter or your grandson. You took on this awesome task that no one else could do, because no one loves and cares for your grandchild quite like you.

You had the courage to start all over again. Raising your grandchildren at an age when you thought you might retire, travel and rest. But the children needed caregivers, and they needed the best. Some came to you in Pampers and most in tears needing nurturing and someone who cares. Others came as toddlers, exploring the world on the run, you couldn't believe this happened after you thought that you were done.

Still others came at school age, when they needed guidance and direction. Science may have you baffled but you are great at giving affection. And some of you have teenagers, oh my, what can I say. Just keep reminding yourself that they won't stay this way.

We know it has not been easy - often quite a heavy load. And there have been many bumps along the road. You've been misunderstood, labeled and denied the services you need, often criticized and not recognized for your labor or your good deed.

But we are here to honor you who have done so much to change the lives of children with your special touch. We thank you grandparents; we thank you once, we thank you twice. And know you are appreciated for the rest of your life.

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