



## > Back to school health

August

### Get your kids moving

One of the most important things you can do for your child is helping them become more active.

We know how important it is to exercise. It has several physical and psychological benefits including controlling weight, building healthy bones and muscles and an improved psychological well-being – it may even help your kids do better at school!

But how to get your kids moving? Be a role model. Pick things you enjoy doing together. Go on a bike ride, take a hike, plant a garden or visit the community pool. Get creative. All exercise doesn't look alike. Some families hit the slopes while others enjoy kicking the soccer ball or jumping rope.

All it takes is 60 minutes a day for kids, which can be done all at once or broken up into smaller intervals.

*Source: American Heart Association, CDC*

### Love your lunch

Kids need a healthy, well-balanced lunch to give them plenty of energy for an active day. Packing a lunch that is both nutritious and kid-approved can be a challenge. Make sure to include food that's packed with nutrients and avoid choices high in sugar and saturated fats.

A balanced lunchbox should contain:

- > Protein – meat, fish, eggs and beans
- > Fresh vegetables and fruit
- > Starch – bread, rice, potatoes or pasta
- > Dairy – cheese or yogurt

Got a fussy eater? Let your kids help by taking them grocery shopping and letting them choose some of their own lunch food. Lots of kids enjoy finger foods, so include cut up vegetables and easy to eat fruit. The key is variety. Always encourage them to try new things and praise them for doing so.

So whether they buy lunch at school or take a pre-packed lunch, make sure your kids are getting the nutrients they need for a day full of learning, living and fun.

*Source: Dairy Council of California, Kids Health, NHS*

### Trivia time:

*On average, how many colds do kids get a year?*

*Answer: Up to 8! So make sure to wash hands and eat right!*



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### Vaccines for good health

August means summer's winding down and back to school is just around the corner. It's also national vaccine awareness month. Whether your kid is in preschool, middle school or college, it's important to make sure your child is up to date on all the recommended vaccines. Child care facilities and schools are highly susceptible to outbreaks of infectious illness and disease for several reasons. Children can easily spread illnesses from uncovered coughs, unwashed hands as well as shared toys, computers and common spaces. Vaccines not only protect your children from various diseases, they also protect siblings, classmates and the people who care for them, including parents, grandparents and sitters.

It's best to check with your child's doctor on preferred immunizations for your child and keep your immunization records up to date to keep your kid – and your community – healthy and safe.

Source: NPHIC

### Watch less and play more!

It's important to make sure everyone in your family is keeping screen time to a minimum. When you set a limit on screen time – including computers, television, phones and tablets – you allow your child to do something much healthier, like reading a book, riding a bike or playing with friends. No more than one to two hours per day is what most experts suggest. Get up, get active and have some screen-free fun with your family!

Sources: *Let's Move*, *Great Schools*

### Backpack basics

Backpacks are great for carrying all sorts of school supplies, books and sports equipment. When worn properly, backpacks evenly distribute weight across your body, keeping your neck and shoulders at less risk for injury. Make sure, however, not to overload. It's best not to carry more than 10-15% of your bodyweight. Choose a backpack that fits well, has broad shoulder straps and has a padded back – and always wear both shoulder straps to avoid back, neck and posture problems.

Source: *Kids Health*, *Healthy Children*, *National Safety Council*

### Trivia time:

#### *How fast is a sneeze?*

Answer: A sneeze travels at over 100 miles per hours! *Gesundheit!*