



## fitness for kids

Fit kids feel good, have lots of energy, and grow up healthy and strong. It's really easy to be fit! Just be physically active at least 30 minutes every day. It doesn't matter what you do, you just have to move! Being a fit kid also means eating 5 to 9 servings of fruits and vegetables every day.

### WHAT DOES PHYSICAL ACTIVITY DO FOR MY BODY?

- Physical activity gets a lot of oxygen to your brain, so you can think clearly and do your best.
- A happy, healthy heart pumps blood and oxygen from your head to your toes.
- Being active gives your skin a healthy glow.
- Being active keeps your lungs in perfect shape.
- Physical activity builds strong muscles and bones. It also keeps you in shape and at a healthy weight.



### FUN FITNESS ACTIVITIES

- Play outside every day when the weather is good.
- Walking with your family and friends is an easy way to be fit.
- Running and playing games like tag get your body moving.
- Martial arts are also fun. Try karate!
- Team sports like basketball, softball and baseball are also very cool!

Remember, it doesn't matter what you choose, as long as you're active every day. You'll feel great too!

Source: <http://kidshealth.org/kid/>



## Look INSIDE for....

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## brain teaser

Why does cutting onions make people cry?

When sliced, some onions give off a chemical that bothers the eyes. But there are tricks to avoid this. You can cut the onion under running water or get onions that are pre-sliced.

# getting things done



Sometimes it seems as if you have too much homework to tackle. Don't panic. These three steps can help you get it done easily.

- 1 GET ORGANIZED.
- 2 STAY FOCUSED.
- 3 GET IT DONE!

Each of these steps actually takes a lot of little steps. And figuring out how to do them is a skill that will help you in school and in life. You have many things to do each day. You can get them done with this 1-2-3 process.

Being organized is an important skill. When you're well organized, you can stay focused instead of spending time hunting things down and getting sidetracked.

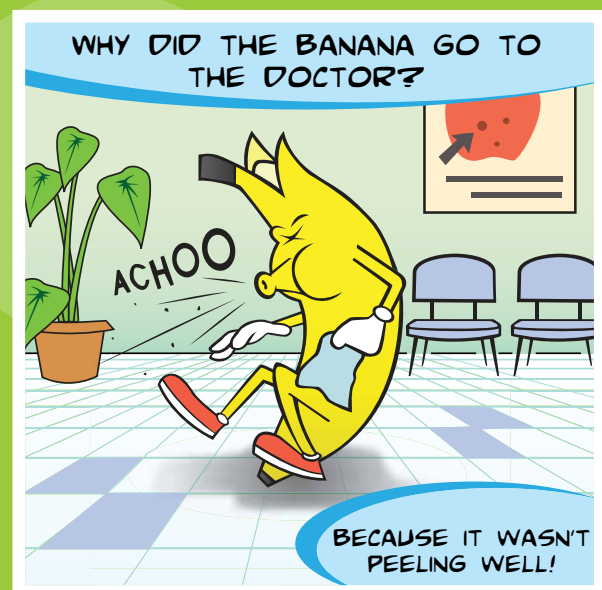
**STAY FOCUSED.** To keep your mind on track, talk yourself through the work at hand. Ask yourself, "What do I need to do now?" Maybe you'll answer: "OK, I need to do the next math problem. Let's see . . . I'm up to number 5. I'll start by reading the problem to myself." Go ahead and do that. Then ask yourself: "What do I do next?" Then answer yourself again: "OK, I need to find out what half of 46 is." Now what? "OK, so I write down 46 and I divide by 2," then do that.

You get the idea. Talk yourself through what you're trying to do, step by step, just like you're the teacher. This really helps you keep your mind on the job. Don't give up! You're getting there. (Remember to tell yourself that too!)

**GET IT DONE!** What's better than being organized and focused? Being done! Not only will you be glad to know you've done well, but you'll have a finished product to be proud of. Hang in there until it's all done, and don't give up when you're halfway through. For example, make sure your homework is neat. Check your work for mistakes, and fix any you find. If it's a project or a book report, add the finishing touches.

When you're finished with one part of the homework, checking it off on your assignment list can give you a good feeling. When you've finished all your homework, there's still one more thing. You have to get your homework to school. It doesn't do much good if you leave your assignment on your desk at home!

Source: Adapted from <http://kidshealth.org>



# medical terms

A HELPFUL GLOSSARY OF MEDICAL WORDS.

## ABDOMINALS

Say: ab-da-mun-uls

Sometimes called abs, these are the muscles in front of your stomach—the area below your chest and above your belly button. To make your abs stronger, try doing sit-ups!

## ALLERGY

Say: al-ur-jee

Many things can cause allergies, like pollen, certain animals, foods or a bee sting. Allergies can make your eyes water and your nose run, your skin itchy and bumpy, your throat and ears sore, and even cause a tummy ache or diarrhea. Gross! But don't worry. If you have an allergy, you can go to your doctor. He or she will help make you feel better.

## BODY TYPE

Say: bah-dee type

Bodies come in all shapes and sizes, and body types are just different kinds of bodies. Some people have short waists, others have small shoulders. Maybe you're short, or maybe you're skinny. Whatever your type is, take good care of your amazing body!

Source: <http://kidshealth.org>

# blood pressure

When you go to the primary care provider, a nurse might put a band around part of your arm and pump air into the band, blowing it up like a balloon. Your arm might feel a little squished, but don't worry. That's how a nurse checks your blood pressure. This test shows how hard your heart is pumping to move blood through your body. Blood pressure can be too high or too low, but yours is probably just right!

Source: <http://kidshealth.org>



# recipe corner french toast

**FUN TO MAKE AND DELICIOUS TO EAT!**

Prep time: About 15 minutes

## Ingredients:

- 1 egg
- 1/4 cup milk
- dash of vanilla extract
- 1 tbsp. margarine
- 2 pieces of bread

## Utensils:

- medium-size bowl
- measuring cups and spoons
- mixing spoon
- frying pan and stove (You'll need help from an adult.)
- spatula
- serving plate

## Directions:

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop at medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

Serves: 2, Serving size: 1 slice

Nutritional analysis (per serving):

162 calories; 6 g protein; 9 g fat

13 g carbohydrate; 0 g fiber

107 mg cholesterol; 218 mg sodium

80 mg calcium; 1.1 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Suggestion: Eat your French toast with powdered sugar, cinnamon, maple syrup, jelly or fruit on top.