

Randolph Hospital

Indoor Physical Activity



Special points of interest:

Indoor Play

Healthy Eaters

Healthy Recipe

Family Fun Activity

Sugary Drinks

Don't let cold weather be an excuse for children to not be physically active. Even when the temperature drops children still need 60 minutes of daily physical activity. The best way to keep children fit and active is to promote an active lifestyle early in their lives. Remember physical activity does not have to occur all at one time. It can be accumulated throughout the day. Children can be involved in vigorous play for 10-15 minutes at different times throughout the day to reach their 60 minutes of daily physical activity. Try these ideas to keep your children moving indoors when it is too cold to be outside.

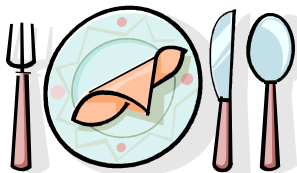
- children marching high and low and swinging their arms.
- Create an indoor obstacle course by using chairs, cushions, boxes or whatever you have for children to go over, under or around.
- Clear an open space and turn on the music for a dance contest.
- Park your car outside of the garage to create space for children to run, jump rope, hula hoop or play with soft balls.
- Look at local places for indoor physical activity. Malls are a great place for walking and discovery, plus many have indoor play areas.

- Lead a parade throughout your house and get your

Fun Kid's Games:

- Duck-Duck Goose
- Active Simon Says
- Red Light Green Light
- Musical Chairs
- Ring Around the Rosy

Slow Down on Fast Food
Opt For Water
Add Activity
Reduce TV Time



Healthy Eating Habits

Just like physical activity habits, children need to learn healthy eating habits when they are young. This will lead to healthier eating as they get older.

- Children do better with a routine. Having regular mealtimes helps children learn their body's cues for hunger and fullness. This will prevent overeating at meals and snack times.
- Plan meals and snacks. It takes time to plan healthy meals and snacks but this prevents eating whatever is easiest instead of what is healthiest.
- Avoid having junk foods such as chips, candy, and cookies around the house. It is hard to keep children from wanting to eat these foods if they are in the house. Have healthy snacks like popcorn, pretzels, fruits, and vegetables on hand instead.
- Don't try to change everything about your child's eating habits at once. Pick one or two areas to work on at a time together as a family.



Look for canned fruits that are in their “own juices” or in “light syrup”. Frozen fruits and vegetables are good alternatives to fresh during off seasons.

Hawaiian Pork Chops

Ingredients

4 boneless pork loin chops
1 tablespoon lemon-pepper seasoning
1 teaspoon olive oil
1 cup sweet-and-sour sauce
1 can (20) ounces pineapple chunks, drained

Directions

Sprinkle both sides of pork chops with lemon-pepper seasoning. In a large skillet add 1 teaspoon olive oil. Over medium heat, brown pork chops on both sides. Remove pork chops and set aside. Drain skillet, add sweet-and-sour sauce and pineapple chunks. Bring to a boil. Reduce heat to medium and return pork chops to skillet. Simmer uncovered for 5-7 minutes or until meat juices run clear.

Adult servings: 1 pork chop

Child serving: ½ pork chop

¼ cup brown rice

¼ cup broccoli

½ cup 1% milk

*Adapted from *Taste of Home* Cookbook, 2008

Family Fun Physical Activity

Lily Pad Jump

Materials needed-washcloths, carpet squares, or other square rags

Let your child place the washcloths around the room to be the “lily pads”. Have your child squat down like a frog and jump on and off their “lily pad”. Then have your child jump in different directions (front, backwards, sideways) on and off their lily pad. You can also place the washcloths close together to make a pathway for your child jump from one “lily pad” to another.



Learn More About Sugary Drinks

Best Drink Options

for Children:

Water- for a change of pace, add fruit slices to give water flavor

Milk- after 2 years of age switch to skim or low-fat milk

Most children enjoy sugary drinks. While hydration is important, sugary drinks are not the best option. Fruit and vegetable juices, soft drinks, energy drinks, flavored milk, and sport drinks are considered sugary drinks. These drinks are not needed for your child’s health. Sugary drinks can fill children up and make them less hungry at meal times. Sugary drinks can also lead to weight gain, tooth decay, growth problems, and loose bowel activity. Sugary drinks are typically high in calories and provide little nutritional value towards your child’s diet.

Encourage your children to drink water and eat fresh fruits and vegetables instead of drinking juices. Eating fresh fruits and vegetables increases fiber intake and keeps your child feeling full longer, preventing the tendency to overeat. Fruit and vegetable snacks are healthy snacks that teach children about different textures, shapes, and tastes. To reduce your child’s fruit juice intake, dilute fruit juices with water, use small glasses when serving juices, and carry a water bottle with you at all times for when your child gets thirsty.

How Much Sugar is in That Drink??:

12oz soda= 10 teaspoons
20 oz. energy drink= 7-10 teaspoons
12 oz. fruit juice= 10-15 teaspoons
12oz. Flavored milk= 8 teaspoons
12oz. Milk= 4 teaspoons