

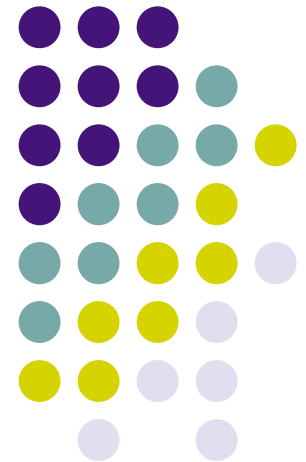
Get Up & Get Out!

Activities for a happy and healthy family♪

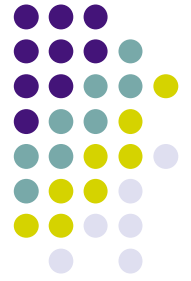


Ashley Delano, SPT♪

Elizabeth Wusterhausen, SPT♪



Should we be concerned about our children?¹



- Childhood Obesity: Who is at high risk?
 - Low socioeconomic status families
 - Children in the country's southern region
 - Children of obese parents
 - Families with limited access to nutritious foods
 - Children with reduced opportunities for physical activity at school or after school
 - Children whose outdoor activity is replaced by screen time

Children of the United States²



- Ages 2 to 5: 12.4% of children are obese
- Ages 6 to 11: 17.0% of children are obese
- Ages 12 to 19: 17.6% of children are obese
- Boys age 12 to 19
 - African American: 22.9% are obese
 - Mexican Americans: 21.1% are obese
 - Caucasian: 16% are obese
- Girls age 12 to 19
 - African American: 27.7% are obese
 - Mexican Americans: 19.9% are obese
 - Caucasian: 14.5% are obese

Is My Family Overweight/ Obese?



- Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people.
- http://www.cdc.gov/nccdphp/dnpa/healthyweight/assessing/bmi/adult_BMI/about_adult_BMI.htm



Facts About Exercise³



- Almost half of Americans aged 12-21 are not physically active on a regular basis
- About 14 percent of young people report no physical activity
- Participation in all types of activity declines as age or grade in school progresses



Decline in Children's Physical Activity Levels: NIH⁴

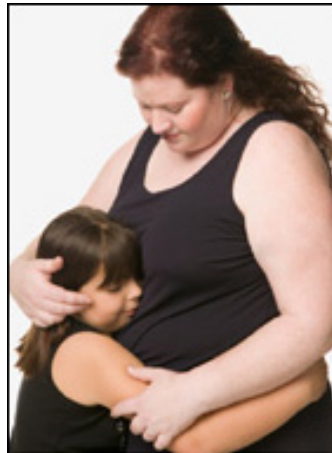


- At age 11, 90% of children meet the level of suggested physical activity
- By age 15, only 31% met the recommended level on weekdays and 17% on weekends
- Physical activity appears to decline by 40 minutes a day each year

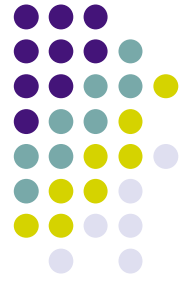
What can inactivity lead to?¹♪



- Obesity
- Diabetes
- Glucose intolerance
- Hypertension
- Cholelithiasis
- Dyslipidemia
- Heart disease
- Sleep apnea
- Hepatic steatosis
- Menstrual abnormalities
- Impaired balance
- Orthopedic problems
- Physiological and social problems
 - Low self-esteem
 - Negative body image
 - Depression
 - Negative stereotyping
 - Discrimination



What is the Government Doing?⁵⁻⁷ ♪



- Team Nutrition USDA
 - Information on nutrition education, healthy eating, and physical activity.
- Healthy People 2010 and 2020
 - Helping programs to improve health
- MyPyramid.gov
 - Offers personalized eating plans
 - Interactive tools to plan and assess your food choices
 - Advice to help you



Keys to Motivating Family Exercise³



- Focus on your children's interests
- Avoid language like “exercise”, promote “play time” (hopscotch, jump rope, tag)
- Use family activities as time to interact and get involved
- Family activities should be physical and FUN (roller-blading, dancing)
- Limit the time your children spend with the TV, computer, and video games
- Let your children take turns choosing the family activity allowing for a variety of activities

Recommendations For Activity Duration and Frequency^{4,8}



- The National Institute of Health suggests children/adolescents engage in at least 60 minutes of physical activity on most (preferably all) days of the week
- The American College of Sports Medicine suggests that all adults in the US should accumulate 30 minutes of moderate intensity physical activity on most (preferably all) days

The Great Outdoors⁸



- Outdoor activities greatly enrich lives by:
 - Reducing stress levels
 - Connecting people with family and friends
 - People who participate in outdoor activities are more likely to be more active in their lives
 - Connecting with nature
 - Encouraging children to be exploratory

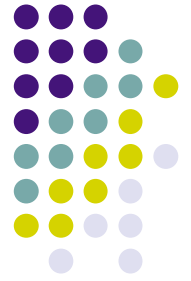
Now, Let's GET UP AND GET OUT!^{3,9}



- Fun Outdoor Family Activities:
 - Hide-and-Seek, Leap Frog, Tag, Jumping Rope, Hopscotch, Dancing, Roller Skating, Capture the Flag, Water Games
 - Catch, Kickball, Basketball, Tennis, Football
 - Visit the Zoo, Miniature Golf, Play at the Park, Swimming, Visiting Gardens and Arboretums
 - Fishing, Picnicking, Bicycling, Camping
 - Fitness Trails, Rock Climbing
 - Neighborhood games with others



Want to GET UP but Can't GET OUT?^{9,10}



- Activities For A Rainy Day:
 - Twister
 - Build a Fort
 - Indoor Scavenger Hunt
 - Bean Bag Toss
 - Follow the Leader (up stairs, around furniture, under table)
 - Simon Says (jump, run, hop on one foot, swing their arms in circles, jumping jacks)
 - Duck-Duck Goose
 - Musical Chairs
 - Jump Rope
 - Hula-hoop
 - Garage Activities



Where Can I Look?⁹⁻¹²

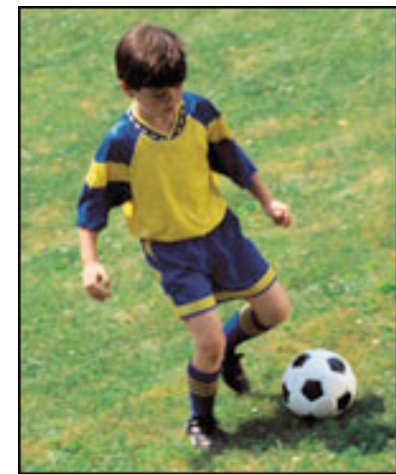
- Games (outdoor/indoor):
http://www.funattic.com/game_list.htm
- Indoor Fun:
http://www.babyzone.com/toddler_preschooler_fun/Play/article/fun-indoor-physical+fitness
- Trails:
www.trails.com/googlemap.aspx
- Texas Parks & Wildlife:
<http://www.tpwd.state.tx.us/spdest/>



Exercise Can:³



- Increase energy level
- Improve coordination, balance, and flexibility
- Improve circulation
- Strengthens the heart, muscles, and bones
- Burns fat and calories
- Helps you sleep better at night
- Reduces stress and depression
- Improves self image



What Physical Therapy Can Do For YOU!♪



- Education- ask questions, brochures/ handouts, activity ideas for the family (frequency/duration), literature, websites
- Equipment use
- Referral to additional health care providers: dietician, physician, trainer
- Home Exercise Program
- Prevention & Maintenance

References



1. Institute of Medicine of the National Academies. Childhood obesity in the United States: facts and figures. 2004. Retrieved online Dec 3, 2008 at <http://www.iom.edu/Object.File/Master/22/606/FINALfactsandfigures2.pdf>.
2. Department of Health and Human Services. Center for Disease Control and Prevention. Obesity Prevalence. Retrieved online Dec 3, 2008 at <http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/prevalence.htm>.
3. Arbor, A. Family exercise can be the key to healthier lifestyle for kids. UMHS Press Release. Retrieved online Oct 22, 2008 at <http://www.med.umich.edu/opm/newspage/2004/hmexercise.htm>.
4. NIH News. U.S. Department of Health and Human Services. Children's Physical Activity Drops From Age 9 to 15, NIH Study Indicates. 2008. Retrieved online Dec 2, 2008 at <http://www.nih.gov/news/health/jul2008/nichd-15.htm>.
5. Team Nutrition. Food and Nutrition Service. United States Department of Agriculture. Retrieved online Dec 3, 2008 at <http://www.fns.usda.gov/tn/>
6. Healthy People 2010. Retrieved Dec 3, 2008 at <http://www.healthypeople.gov/>.
7. MyPyramid.gov Steps to a Healthier You. United States Department of Agriculture. Retrieved online Dec 3, 2008 at www.mypyramid.gov.
8. American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. General Principles of Exercise Prescription. Lippincott Williams & Wilkins. Philadelphia. 2006;7:135-136.
9. The Fun Game List. Fun-Attic. Retrieved online Dec 2, 2008 at http://www.funattic.com/game_list.htm.
10. Bohn, D. Creative ideas for fun indoor physical fitness. Babyzone. Retrieved online Dec 2, 2008 at http://www.babyzone.com/toddler_preschooler_fun/Play/article/fun-indoor-physical+fitness.
11. Google Map Pedometer. Trails.com your guide to the outdoors. Retrieved online Dec 3, 2008 at www.trails.com/googlemap.aspx.
12. State Parks & Destinations. Texas Parks & Wildlife. Retrieved online Dec 2, 2008 at <http://www.tpwd.state.tx.us/spdest/>.