



HEALTHY LIFESTYLES CLINIC

December 15, 2014



HAPPY HOLIDAYS!



Staying active in the cold winter months

Once the weather starts changing many kids find it hard to continue to stay active outdoors, so it is important to find ways to exercise indoors. One way to do this is through the use of active video games. A recent study from researchers in the United States found that adding active video games to a weight management program has positive effects on physical activity and relative weight.

There are many active video games to choose from, including **Just Dance: Kids, Kinect Rush, Wii Sports Resort, and Adventures to Fitness**. Of course, these games should never completely replace self-directed physical activity. Kids should try to engage in as much exercise, such as running or strength exercises, as they can.

5 – 2 – 1 – Almost None!

Q: What is it?

A: 5 - 2 - 1 - Almost None is a daily formula for a healthy lifestyle, teaching kids and parents good habits

Q: What does it mean?

*A: 5 or more fruits and vegetables
2 hours or less of screen time
1 hour of physical activity*

Almost none of items such as soft drinks, sports drinks, and fruit drinks that are not 100% fruit juice



New Year's Eve is just around the corner....

Start thinking about your health goals, what you have accomplished this year and what you would like to accomplish next year. Stay committed, make it count, and have fun!

