

LET'S MOVE

AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS



October 2012 | Issue 2

Childhood obesity cuts across all cultural and demographic lines.

GET MOVING.

Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! And remember, sleep is just as important and is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by nine percent. Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

-  Give children toys that encourage physical activity like balls, kites, and jump ropes.
-  Encourage children to join a sports team or try a new physical activity.
-  Limit TV time.
-  Take the stairs instead of the elevator.
-  Walk around the block after a meal.
-  Make a new house rule: no sitting still during television commercials.
-  Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.
-  Learn how engaging in outside activities can be fun and affordable for families through Let's Move Outside, which promotes a range of healthy outdoor activities for children and families across the country.

Information provided courtesy of Let's Move!

Your metro parks.

Your 17 Metro Parks are a great place to relax, unwind or spend time with friends and family. Our trail system offers healthy recreation opportunities by providing people of all ages with attractive, safe and accessible places to cycle, walk, hike, jog or skate. And they are free and open 365 days a year.

Outdoor enthusiasts can choose from a variety of trails to meet a range of objectives—casual strolls, exploration of history, nature appreciation, scenic beauty or vigorous day hikes in rugged terrain. Many trails are ADA accessible and can accommodate strollers. Metro Parks also has trails in several parks where you can walk the family dog or ride your horse.

Consider taking your family to a Metro Park for an old fashioned picnic along a meandering stream or nestled in a grove of trees. There are grills and tables and your kids can play on swings or enjoy a game of horseshoes or volleyball. We even have natural Play areas where kids and adults can climb trees, skip stones or jump in a big pile of leaves.

If you've never been to a Metro Park you may want to attend one of the many free programs offered by park naturalists. They include everything from full moon hikes to walks to the wetlands in search of migrating birds to bike rides along the Olentangy River to learning how to scale a 35-foot climbing wall.

You can find out more about your Metro Parks at www.metro parks.net or follow us on Facebook or Twitter.

Sincerely,

John O'Meara, Executive Director
Metro Parks



stay informed.

www.FranklinCountyOhio.gov/LetsMove
@FranklinCoOhio on Twitter #LetsMoveFranklinCo