

# Dance Your Way to Better Health!

Look inside for:

- Find Local Dance Studios
- Join Get Healthy CT at National Dance Day, Saturday, July 25<sup>th</sup> (English and Español)
- Learn How to Dance with Step-by-Step Dances (English and Español)
- Dance Off Your Calories (Calorie Calculator)
- Discover the Many Health Benefits of Dancing
- “Limit All Screen Time,” Chapter 7: A Year of Being Well by The Michael and Susan Dell Foundation (English and Español)
- Let’s Move Screen Time Log
- Get Moving Today Activity Calendar (English and Español)
- Find Free Summer Meals for Kids and Teens

For more information on ways to lead a healthier lifestyle visit our website [GetHealthyCT.org](http://GetHealthyCT.org)

Like us on Facebook! 

July 2015



# Local Dance Studios

Find a Dance Studio near you on [www.GetHealthyCT.org](http://www.GetHealthyCT.org) to get moving and grooving!

1. Click on “Get Local.”
2. Click on “Find physical activities close to home!”
- 3 Next, click on the arrow under “Filter by city” and choose which city you would like to find your local studio.
4. Last, click on “Dance” under “Filter by Activity.”

**Get Local**  
Find Local Resources

Take advantage of the resources available in your community. By buying local produce, you can make healthy, nutritious choices while decreasing your environmental impact. Regardless of your fitness level, there are numerous parks, gyms and playgrounds nearby for you and your family and friends to engage in physical activity. Use our databases to find local health food sources and venues for physical activity that will help you on your path to better health.

**Find healthy food close to home!**  
Use our database to find resources in your neighborhood

**Find physical activities close to home!**  
Use our database to find opportunities in your neighborhood

**Find Physical Activity Resources in Your City**

**Filter by City**  
All Cities

**Filter By Activity**  
 Community Center  
 Cross Country Skiing  
 Dance  
 Fishing  
 Fitness  
 Football  
 Golf  
 Gym

**Filter by Name**

Clear your choices

S A T U R D A Y

**JULY 25**  
**2015**



PRESENTS

**NATIONAL  
DANCE DAY**

# National Dance Day

Have Fun Dancing your Way to  
Better Health!

**Saturday, July 25<sup>th</sup> 10 am – 1 pm**  
**Paradise Green in Stratford**  
**on the corner of Main Street & Huntington Road**

**Rain Date: Sunday, July 26<sup>th</sup>**

*Featuring demonstrations by local  
dance studios, raffles, giveaways,  
audience participation, lots of dancing  
and more!*

For more info email Maitreyee Shah at: [mshah@gethealthyct.org](mailto:mshah@gethealthyct.org)

Sponsored by [GetHealthyCT.org](http://GetHealthyCT.org)



S A T U R D A Y

**JULY 25**  
**2015**



PRESENTS

**NATIONAL  
DANCE DAY**

# **Día Nacional de Bailar**

**¡Diviértase bailando hacia  
mejor salud!**

**Sábado, 25 de Julio de 10:00 – 1:00**  
**Paradise Green en Stratford**  
**En la esquina entre Main Street y Huntington Road**

Si llueva el 25 de julio, el evento ocurrirá el domingo, 26 de Julio.

*¡Verá presentaciones de estudios  
locales de baile, loterías,  
presentaciones interactivas, muchos  
bailes, y más!*

Para obtener más información e-mail Maitreyee Shah at: [mshah@gethealthyct.org](mailto:mshah@gethealthyct.org)  
Patrocinado por [GetHealthyCT.org](http://GetHealthyCT.org)



# Step-by-Step Dances

Learn how to dance to your favorite classic dances with these simple step-by-step directions. Grab a partner or dance by yourself, either way get up and get dancing!

Go to this website to learn a variety of ballroom dances through simple step-by-step videos: <http://www.ballroomdancers.com/Dances/>

Aprende a bailar tus bailes clásicos favoritos con estas simples instrucciones paso a paso. Agarra tu pareja o baila contigo mismo, de cualquier manera levántate y empieza a bailar!

Vaya a este sitio web para aprender una variedad de bailes de salón con simples videos paso a paso:: <http://www.ballroomdancers.com/Dances/>

## Learn the Dances

### International Style



Waltz



Tango



Viennese Waltz



Slow Foxtrot



Quickstep



Cha Cha Cha



Samba



Rumba



Paso Doble



Jive

### American Style



Waltz



Tango



Foxtrot



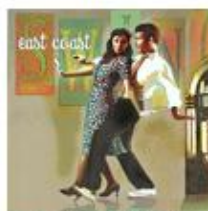
Viennese Waltz



Cha Cha



Rumba



East Coast Swing



Bolero



Mambo

## Dance Off Your Calories (Calorie Calculator)

See the chart below to see how many calories you burn while moving to your favorite dances.  
 More info can be found at: <http://calorielab.com/burned/?mo=se&gr=03&ti=dancing&q=&wt=150&un=lb&kq=68>

Calorie burning activity	Calories burned in:		Food Equivalent
	15 min	1 hour	
<b>Activity group: <u>Dancing</u></b>			
Ballet or modern, twist, jazz, tap, jitterbug	65	258	1 slice of cheesecake (250 calories)
Aerobic, general	94	374	Panera Bread Greek Salad with dressing (370 calories)
Aerobic, step Using a 6- to 8-inch step	128	510	Chicken Quesadilla (510 calories)
Aerobic, step Using a 10- to 12-inch step	153	612	Tuna salad (3 oz) made with mayonnaise (2 tbsp), over romaine lettuce (2 cups) with balsamic dressing (2 tbsp) with 1 apple and a multigrain French baguette (2 oz) (610 calories)
Aerobic, low impact	68	272	2 chewy granola bars (280 calories)
Aerobic, high impact	102	408	1 medium order of fries (420 calories)
General dancing Including Greek, Middle Eastern, hula, flamenco, belly, and swing dancing	60	238	½ cup of Ben & Jerry's ice cream (230 calories)
Ballroom, dancing fast	77	306	McDonald's Cheeseburger (300 calories)
Ballroom, other Disco, folk, square, line dancing, Irish step dancing, polka, contra, country	60	238	1 slice medium cheese pizza (270 calories)
Ballroom, slow Waltz, foxtrot, slow dancing, samba, tango, 19th century, mambo, chacha	34	136	Peanut butter and jelly sandwich (140 calories)
Traditional American Indian dancing Including Anishinaabe Jingle Dancing	77	306	1 Dunkin Donuts' plain bagel (without cream cheese or butter) (310 calories)

\*\* The calories burned from each dance are based on a person weighing 150 lbs. To find an accurate number of calories burned for your weight, visit the website stated above

# The Many Health Benefits of Dancing

*by Berkeley Wellness | November 20, 2014*

With shows like *Dancing With the Stars* and *So You Think You Can Dance* in full swing, dancing is becoming one of America's favorite pastimes. There is even National Dance Day, which was started in 2010 to "encourage Americans to embrace dance as a fun and positive way to maintain health and fight obesity."

Dancing provides physical, psychological, and social benefits galore, so put on your dancing shoes and follow along.



## **Quickstep for balance, tango for the blues?**

Many studies have found that dancing can improve balance, even in frail elderly people. Some have shown improvements in gait, walking speed, and reaction time, as well as cognitive and fine motor performance. Dance studies have included jazz, ballroom, tango, folk, and a series of slow, low-impact dance movements—though any kind of dancing would likely be beneficial.

Interestingly, according to a review in the *European Journal of Physical and Rehabilitation Medicine* in 2009, dancing may help people with Parkinson's disease, which is characterized by rigid muscles, slowed movement, and impaired balance.

Dancing may also be good for your mood. It has been shown to reduce depression, anxiety, and stress and boost self-esteem, body image, coping ability, and overall sense of well-being, with the benefits lasting over time. In one study, it even helped control "emotional eating" in obese women who eat as a response to stress.

The authors of a meta-analysis of 27 studies on the effectiveness of dance movement therapy, published in *Arts in Psychotherapy* this year, concluded that dancing should be encouraged as part of treatment for people with depression and anxiety.

Though other forms of exercise can have many of the same benefits, dancing is more appealing to some people, so they are more likely to stick with it.

For example, at the end of a study that compared tango dancing to mindfulness meditation, 97 percent of participants chose to receive a voucher for a tango class rather than one for mindfulness meditation. (By the way, the study found that both activities reduced depression, but only dancing reduced stress levels.) In another study, attendance was higher with waltzing than conventional exercise, possibly because "dance is a form of exercise in which movement, social interaction, and fun are mixed together," the researchers said.

<http://www.berkeleywellness.com/fitness/active-lifestyle/article/many-health-benefits-dancing>

## Boost heart health, burn calories

If dancing gets your heart rate up, it can be a good form of aerobic exercise, which is good for your heart in general. One study even found that in people with stable chronic heart failure, slow-fast (interval) waltzing improved heart and blood vessel function and overall quality of life as much as a moderate aerobic exercise program did.

On average, a 150-pound person burns about 240 calories per hour when dancing. But the numbers vary a lot, from less than 200 calories per hour for slow dances like tango to about 350 calories for faster dancing like swing—and more than 500 calories for step aerobics dancing. Of course, for the more active dances you probably won't dance a full hour.



## Put on your dancing shoes

Because there are so many different types of dance, you should be able to find a style that suits you in terms of intensity (high-or low-impact, fast or slow), difficulty level, type of music you like, and whether you prefer to dance with or without a partner.

If you want an upbeat, calorie-burning style, you can try tap or swing, for example. If you want something more reserved, there is tango.

Foxtrot is a good choice for beginners; quickstep for more advanced dancers.

If you like your dancing more spicy, why not try salsa or mambo? Want to dance with passion? Flamenco may be your calling. If group dancing appeals to you, there is line and folk dancing.

In addition to dance studios that give individual and group lessons, many gyms have dance-fitness classes like Zumba that combine dance and aerobics; some incorporate styles like hip hop, Bollywood, and ballet along with Pilates or other core exercises. You can also search online for a variety of dance events in your area, sponsored by different dance groups or dance schools. In many cities, for example, you can find nightly salsa social dances, tango “milongas,” and swing “meetups.”

If you prefer to dance at home, there are videos and Wii Fit dance games (such as Golds Gym Workout and Just Dance)—or you can just crank up your own music and do your own thing.

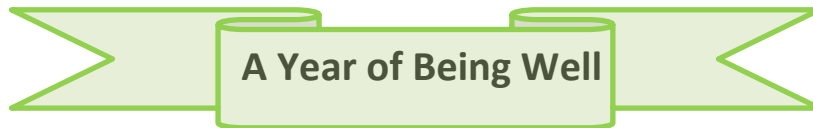
Many hospitals, rehab facilities, and community centers offer dance therapy, such as Healthy-Steps ([gohealthysteps.com](http://gohealthysteps.com)), which incorporates the Lebed Method, a movement program originally developed for cancer patients. Another program, Dance for PD ([danceforparkinsons.org](http://danceforparkinsons.org)), offers classes for people with Parkinson’s disease that integrate movements from traditional and modern dance; they are taught by trained dancers and accompanied by live music.

**Bottom line:** There’s no downside to incorporating dance into your regular physical activity routine, and it could help motivate you to get moving if you find other types of workouts, like treadmill walking or cycling, a little boring. People with medical conditions such as heart disease, Parkinson’s, arthritis, and vision impairment may benefit—after they get their doctor’s okay in some cases.

Don’t overlook the social benefits: Dancing is a great way to spend quality time with a partner or meet new people if you don’t have a partner.

<http://www.berkeleywellness.com/fitness/active-lifestyle/article/many-health-benefits-dancing>





## A Year of Being Well

For the 2015 monthly health features, Get Healthy CT is going to feature a chapter every month from a wonderful book called [A Year of Being Well](#) produced by the Michael and Susan Dell foundation. This book contains messages from real families across the country on their journey to live healthier lives and is meant to be a guide for you and your family's journey to better health. Use this guide to help meet your health goals and spark a discussion with your family, friends, coworkers and members of your community.

This book “is intended to help you take a single step – one each month for a year – toward healthy living. There are specific examples of how moms, dads, and kids cut down on sugar- sweetened beverages, ate more fruits and vegetables, became more physically active, and started movements in their schools and communities. These families have also shown us that being healthy doesn’t necessarily mean being thin. This new book is also meant to give you some resources where you can find even more information on eating and living better.” – Susan Dell

Para los artículos de salud mensuales 2015, Get Healthy CT va a presentar un capítulo cada mes de un libro maravilloso llamado [A Year of Being Well \(Un Año de Estar Bien\)](#) producido por la fundación de Michael y Susan Dell. Este libro contiene mensajes de familias reales de todo el país en su camino para vivir una vida más saludable y es para que usted lo use como guía mientras que usted y su familia continúan en su camino hacia una vida más saludable. Utilice esta guía para ayudarle alcanzar sus metas de salud y para provocar una conversación con su familia, amistades, compañeros de trabajo y miembros de su comunidad.

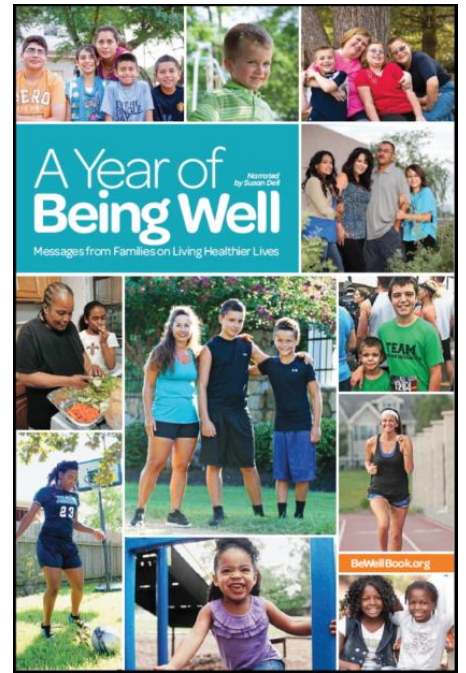
Este libro “está diseñado para ayudarle a dar un solo paso – uno cada mes durante un año – hacia una vida saludable. Contiene ejemplos específicos de mamás, papás, e hijos que redujeron su consumo de azúcar, bebidas endulzadas con azúcar, como comieron más frutas y verduras, emprendieron más actividad física, e iniciaron movimientos en sus escuelas y comunidades. Estas familias también nos han demostrado que estar sanos no significa necesariamente estar delgados. Este nuevo libro también es para brindarle algunos recursos donde pueda encontrar más información sobre comer y vivir bien.” – Susan Dell

### **A Year of Being Well** ----Table of Contents

Month 1: Get Started	Mes 1: Póngase en marcha
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Month 5: Eat Real Food, Not Junk Food	Mes 5: Coma alimentos reales, no comida chatarra
Month 6: Go Green: Increase Fruits and Vegetables	Mes 6: Coma productos frescos: consuma más frutas y verduras
<b>Month 7: Limit All Screen Time</b>	<b>Mes 7: Limite el tiempo frente a las pantallas</b>
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Month 11: Go to School	Mes 11: Vaya a la escuela
Month 12: Pass It On: Spark a Community Effort	Mes 12: Difúndalo: incie un esfuerzo en toda su comunidad
Finally Reflect and Re-Plan	Finalmente reflexione y plane de nuevo

*Get your free copy of A Year of Being Well at [www.bewellbook.org](http://www.bewellbook.org).*

*Available in English and Spanish*



At the end of each chapter, in [A Year of Being Well](#), there are “4 easy steps to be well this month.” Check out these simple tips from Get Healthy CT to help you take the 4 easy steps each month. All of these resources are free and provided by Get Healthy CT and their partners.

1

Limit use of TV, movies, video, and computer games to no more than one or two hours per day. *Track how much time you spend in front of screens with the [Let's Move](#) screen time log.*

2

Take TVs out of your children’s bedrooms. Set an example and remove it from your bedroom also.

3

Set a kitchen timer for 60 minutes. When the timer goes off, turn off the TV. This will help you and your child limit how much TV you are watching. *Take it a step further and set a timer for 60 minutes and spend that time learning a new dance. See the article on “[Step-by-Step Dance Moves](#).”*

4

Make time for a family activity each day instead of making time for a TV show. Plan your life around being physically active rather than sedentary activities. *Pick an activity from the “[Get Moving Today](#)” calendar.*

# Limit All Screen Time

Let's face it: Technology is an enormous part of all our lives. It's our business, but we also enjoy our mobile devices, computers, and TVs. As big a part technology plays in our lives, it's still amazing to me that school-age children spend an average of 7.5 hours a day watching TV and using other electronics. This is simply too much of a good thing.

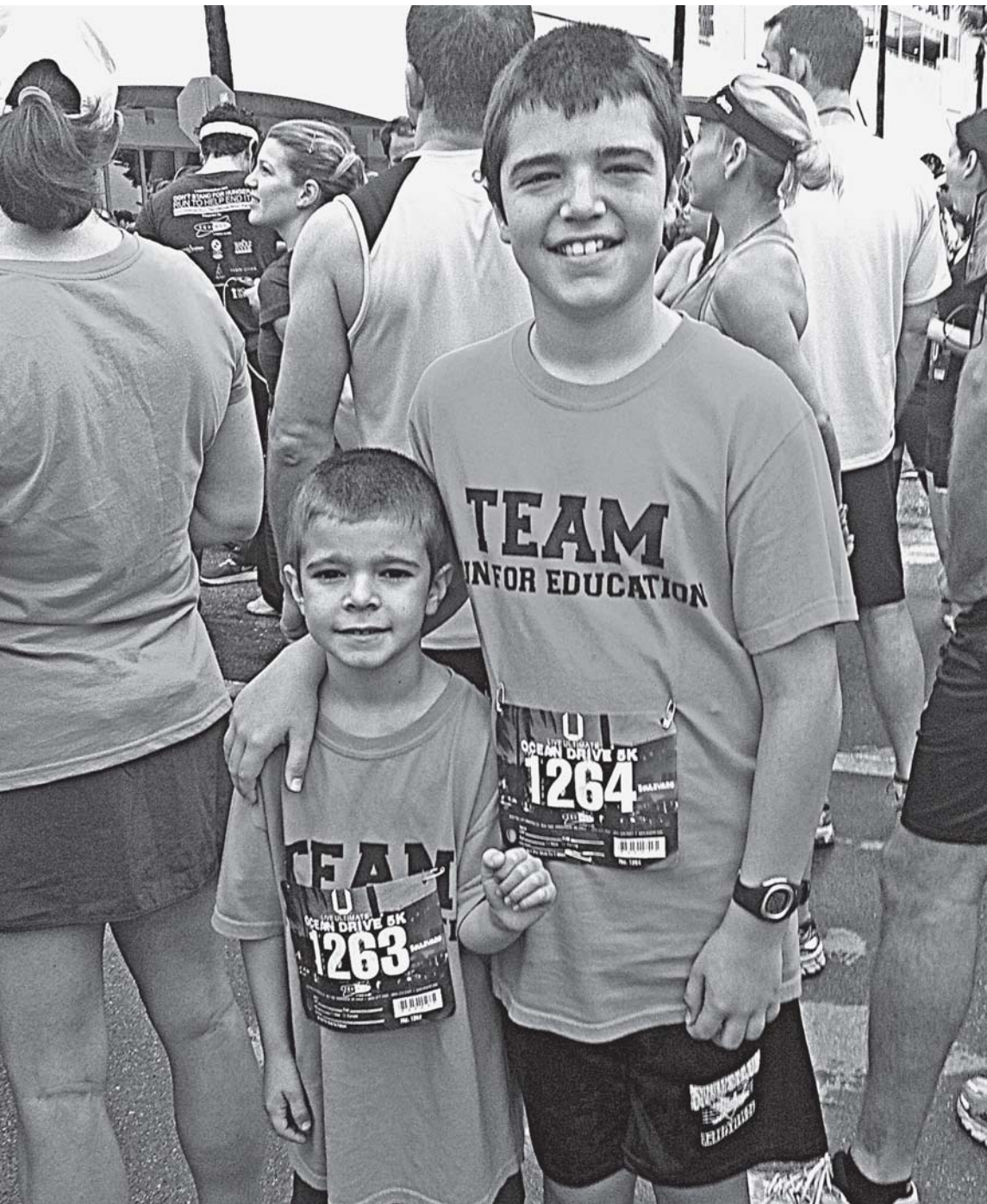
While our kids are looking at screens, it means they are just sitting there. They aren't getting the physical activity they need each day.

Children ages 6 and older need at least 60 minutes of moderate physical activity a day; grown-ups require at least 30 minutes each day. Excessive screen time leaves less time for active, creative play. It also exposes children to a lot of advertisements for unhealthy junk foods and fast foods.

The American Academy of Pediatrics recommends limiting a child's use of TV, movies, video, and computer games to no more than one or two hours a day. Too much screen time has been linked to obesity, showing children who watch more than two hours of TV a day are more likely to be overweight. It is also linked to irregular sleep patterns. The more TV children watch, the more likely they are to resist going to bed and to have trouble falling asleep.

Take a look at the following stories and see how other parents are limiting screen time and making sure their kids are getting enough quality sleep each night.

— *Susan Dell*



## Did you know?

In 8- to 18-year-olds: 28 percent said their parents set TV-watching rules, 30 percent said their parents set rules about video game use, and 36 percent said their parents set rules about computer use.  
*National Heart Lung and Blood Institute*

Kids in the U.S. watch an average of four hours of TV a day.  
*Kids'Health*

# Angie

*and her family*

I love Angie's approach to limiting screen time. She avoids the usual trap of trying to entertain her kids with electronics and TV, instead making sure they're active every day, and that, whether they like team sports or not, they view themselves as athletes. Angie understands the benefit of technology and the Internet, so she allows her kids to have some screen time each day — but on a limited, reasonable basis.

She also practices what she preaches. Angie stays active by running and hiking on the trail near her home — which doesn't leave much time for this busy mom to sit in front of the television. — *Susan Dell*

“Turn off the TV. The kids and everybody else will find something else to do — and it usually involves doing more, sitting less.

My son Tim and I go biking on a trail near our house and go running together. Sometimes, he rides his bike beside me when I'm running, so we are doing something active together and not just sitting. We don't bond over TV.

My (oldest) son doesn't like team sports, but I told him that's OK. You can be active and be an athlete without being on a team. This is important because it means he isn't just sitting in front of a TV all day. I tell him that

he can ride his bike or run or play with friends in the backyard, and that's what makes us athletes. It's not all about winning or taking home trophies. It's about having a wonderful, active experience and having fun.

I'm not sure what other parents do, but I tell my kids that it doesn't matter. It matters what we do in our house, and that means we're athletes. I don't care what activity they do, but they have to stay active and not sit around all day long. They don't have recess or P.E. class every day at school, so I've got to keep them away from the TV and active so they stay healthy.”



MONTH 7:  
Limit All Screen Time

# David

*and his family*

David leads his son Jesse by his example. This carries over into David and Jesse's limited screen time. They've taken a different approach than Angie: They love team sports and use their love of baseball to keep them outside and busy. They spend time practicing pitching, lifting weights, or doing chores, always moving and laughing together and enjoying each other's company. They find each other much more entertaining than any TV show or video game. — *Susan Dell*

“Baseball is our connection between father and son. It's Jesse's favorite sport, so he plays in the fall and in the spring. I'm papa and coach. It's something we can do together and something that keeps him from just sitting and watching TV all day.

When baseball season is over in the summer, we do workouts every morning. Our workouts vary now. We do a full-body workout with light weights, calisthenics, and play ball. We practice correct posture with weights that aren't too heavy for a growing kid. Everything I've read says to keep the kids moving and build muscle tone by keeping the muscle growing at a nice, easy pace. I don't want him to lift weights that are too heavy and hurt himself. I've studied the right way to lift, and I've tried to teach that to Jesse.

Every child should have a healthy lifestyle.

We all need a little down time. But it is important that they stay active and exercise regularly. Two years ago, we'd do light calisthenics and walk and run each day. We did the mile loop around our neighborhood and kept track until we reached a total of 100 miles.

When we play basketball together, I will sometimes let Jesse rebound his own balls because he gets more exercise if he goes and gets them instead of me waiting to throw the ball back to him. Often I'll take him one-on-one.

When he wasn't in school, we'd go walk around museums or take hikes. We used to hike all the way around the lake in downtown Austin. We've always been an active family and it carries on. You won't see me sitting around doing nothing, so you won't see Jesse doing that either.”



# Guido

*and his family*

Guido is a Miami teenager who tells people that he fell in love with being active by swimming. I fell in love with Guido's commitment to staying active and replacing the time he spent watching TV with time spent swimming and playing with his friends. Even as a youth, he understands that cutting down on screen time is one of the easiest and most important things he can do to stay healthy. Guido is an inspiration to people of all ages. — *Susan Dell*

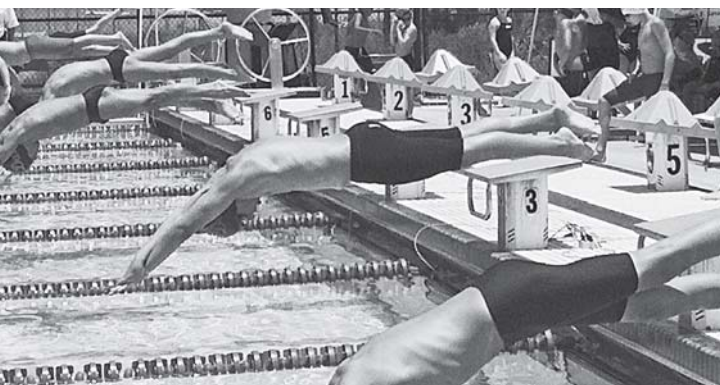
"I've tried to use my mouth to educate people and my body to stay active. I like to use the electronics that I've saved enough money to buy, but those things don't rule my life.

If I had to tell someone the first thing to do to get healthy, I'd tell them to do the simple things like cutting down on your TV time. That is something that anybody can do easily. That leads to being more active because you have to find things to fill your time and have fun.

I use my own experiences to educate other kids. I tell them that there are five things I do to stay healthy: 1) Cut down my TV time to one hour or less every day. 2) I eat fruits and vegetables with each meal. 3) I sleep 9 hours every night. 4) I stay active at least 60 minutes every day. 5) I try to be healthy with my friends. They are the 'fuel' that helps keep me going, and we teach each other.

I also stay away from the TV by swimming. It is my favorite sport. I started swimming in 2007 because my mom didn't know how to swim, and she wanted me to be able to. So she took me to the pool and made sure I learned. She thought it was important for my future, and it would also keep me busy and out of the house. She didn't want me to just sit around all day, either.

I started to learn how to swim and I fell in love with the sport. In 2008, I started competing. It's really fun being with your friends and swimming. After that, I was able to meet some milestones. I swim in the pool and in open water such as an ocean or lake. I've been working my way up through the distances, and last year, I swam my first 4K. I'm sure I'll swim my whole life."



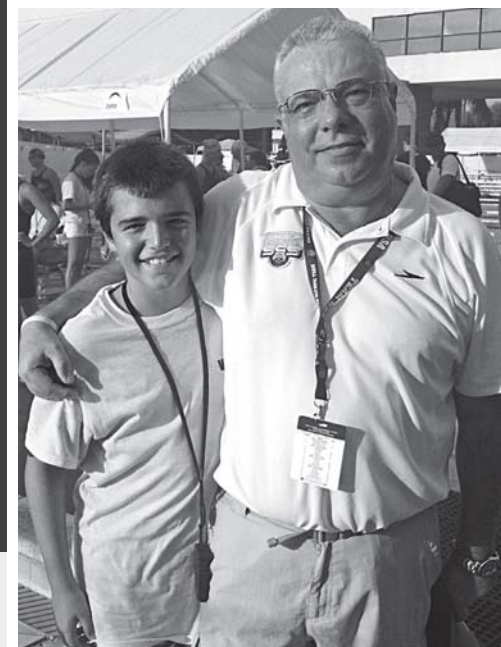
# 4

## EASY STEPS TO **be well** *this month*

- 1 **Limit use** of TV, movies, video, and computer games to no more than **one or two hours** a day.
- 2 Take TVs out of your children's bedrooms. **Set an example** and remove it from your/parent's bedroom, too.
- 3 Set a **kitchen timer to 60 minutes**. Whenever your child is watching TV or playing computer games, allow the time on the clock to elapse until his or her 60 minutes is up. This will help the **kids budget their own screen time** and help set clear expectations for the amount of time they should spend being sedentary without daily arguments.
- 4 Make the time for a **family activity** each day rather than making time for a TV show. Plan your life around **being physically active** rather than activities that require your family to sit still.

### Important tips:

- Small steps can have a big impact.
- Choose one or two steps to begin each month.



## Resources



PUBLICATION

*Great Big Book of Children's Games: Over 450 Indoor & Outdoor Games for Kids* (Ages 3 to 12) Debra Wise, Sandy Forrest (Illustrator)



MOBILE APP

Couch to 5K



ORGANIZATION

Kids Health  
[www.kidshealth.org/parent/positive/family/tv\\_habits.html](http://www.kidshealth.org/parent/positive/family/tv_habits.html)



COMMUNITY

Playground at your local school



# Limite el tiempo frente a las pantallas

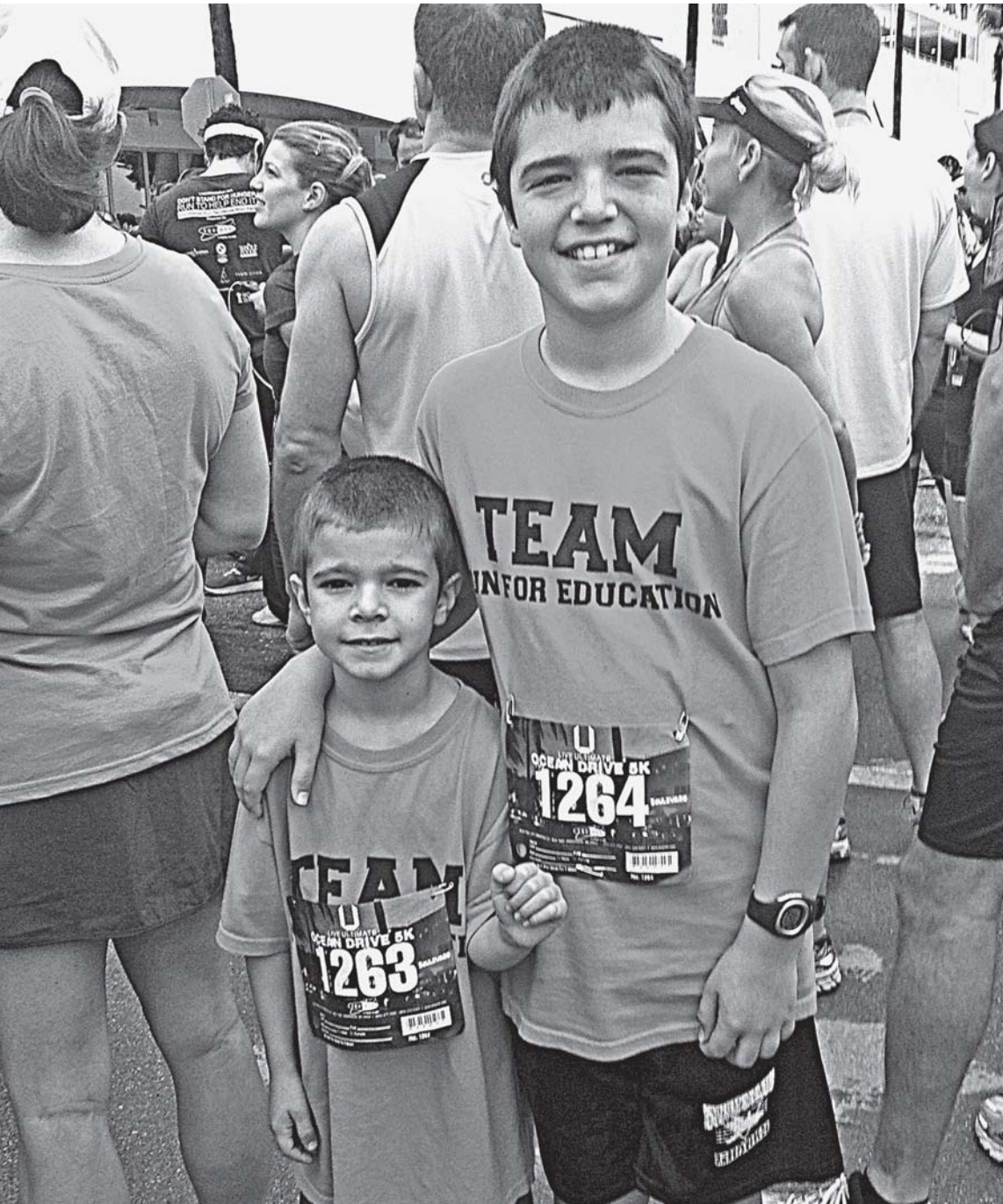
**A**ceptémoslo: la tecnología es una parte muy importante de nuestra vida. Es nuestro negocio; pero también la disfrutamos en nuestros dispositivos móviles, computadoras y TV. Por muy importante que sea el papel de la tecnología en nuestra vida, todavía me sorprende que los niños de edad escolar pasen en promedio 7:30 horas al día viendo la TV o usando otros aparatos electrónicos. Esto es simplemente demasiado de algo bueno.

Mientras nuestros hijos están viendo una pantalla, están sentados. No están realizando la actividad física que necesitan cada día.

Los niños de 6 años de edad o más necesitan al menos 60 minutos diarios de actividad física moderada; los adultos requieren no menos de 30 minutos diarios. El tiempo excesivo ante las pantallas resta tiempo al juego activo y creativo. Además, expone a los niños a muchos anuncios de comida chatarra y comida rápida poco saludable.

La Academia Americana de Pediatría recomienda limitar a los niños el uso de la TV, películas, videos y juegos de computadora a no más de una o dos horas diarias. Estar demasiado tiempo ante las pantallas se ha relacionado con la obesidad, al demostrar que los niños que ven más de dos horas diarias de TV tienen mayores probabilidades de sobrepeso. También se lo ha vinculado con alteraciones de los hábitos de sueño. Cuanta más TV vean los niños, es más probable que se resistan a acostarse y que tengan dificultades para quedarse dormidos.

Eche un vistazo a las historias siguientes y vea la manera en que otros padres están limitando el tiempo ante las pantallas y se aseguran de que sus hijos tengan suficientes horas de sueño de calidad cada noche. — *Susan Dell*



¿Sabía  
usted  
que...?

De los niños entre 8 y 18 años de edad: el 28 por ciento afirmó que sus padres establecen reglas para ver la TV; 30 por ciento dijo que tienen reglas para el uso de videojuegos, y 36 por ciento dijo que sus padres establecen reglas para el uso de las computadoras.  
*Instituto Nacional del Corazón, Pulmones y Sangre*

En los EE. UU., los niños ven la TV en promedio cuatro horas diarias.  
*Salud Infantil*

# Angie

y su familia

Me encanta la estrategia de Angie para limitar el tiempo ante las pantallas. Ella evita la trampa usual de tratar de entretener a sus hijos con aparatos electrónicos y con la TV; en vez de esto, se asegura de que se mantengan activos todos los días y que, sin importar que les gusten los deportes de equipo o no, se consideren a sí mismos como deportistas. Angie entiende los beneficios de la tecnología y de la Internet, de modo que permite que sus hijos pasen diariamente algo de tiempo ante las pantallas pero en forma limitada y razonable.

Además, predica con el ejemplo. Angie se mantiene activa mediante la práctica de la carrera y el excursionismo en un sendero cercano a su hogar, lo cual no deja mucho tiempo para que esta atareada mamá se siente ante el televisor. — *Susan Dell*

“Apague el Televisor. Los niños y cualquier otra persona encontrarán algo más que hacer y usualmente implica hacer más y estar menos tiempo sentado.

Mi hijo Tim y yo recorremos en bicicleta un sendero cercano a nuestra casa y corremos juntos. A veces, él va en la bicicleta junto a mí mientras yo corro, de modo que estamos haciendo algo activo juntos en lugar de estar sentados. No nos atamos a la TV.

A mi hijo (el mayor) no le gustan los deportes de equipo, y yo le dije que estaba bien. Se puede estar activo y ser deportista sin formar parte de un equipo. Esto es importante, ya que significa que no está simplemente sentado todo el día frente a la TV. Le dije que puede an-

dar en su bicicleta o correr o jugar con amigos en el patio trasero, y que eso nos convierte en deportistas. No se trata de ganar o de llevar trofeos a casa. Se trata de tener una experiencia activa, maravillosa, y de divertirse.

No estoy segura de qué hacen otros padres, pero digo a mis hijos que eso no importa. Lo que importa es lo que hacemos en nuestra casa, y eso significa que somos deportistas. No me importa cuál actividad realicen, pero tienen que mantenerse activos en lugar de estar sentados todo el día. Ellos no tienen recreo o clase de educación física todos los días en la escuela, de modo que los mantengo lejos de la TV y activos para que se mantengan sanos”.



MES 7:  
Limite el tiempo  
frente a las pantallas

# David

y su familia

David guía con el ejemplo a su hijo Jesse. Esto abarca el tiempo limitado que pasan David y Jesse ante una pantalla. Han utilizado una estrategia diferente a la de Angie: les encantan los deportes de equipo y usan su amor por el béisbol para mantenerse al aire libre y ocupados. Dedican tiempo a practicar lanzamientos, levantar pesas o realizar tareas domésticas, siempre en movimiento, sonrientes y disfrutando el uno la compañía del otro. Ellos se encuentran entre sí mucho más entretenidos que con cualquier programa de la TV o videojuego. — *Susan Dell*

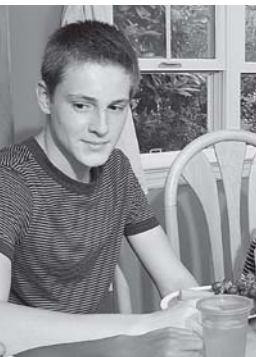
“El béisbol es nuestra conexión entre padre e hijo. Es el deporte favorito de Jesse, así que lo juega en el otoño y la primavera. Soy el papá y el entrenador. Es algo que podemos hacer juntos y algo que evita que esté sentado y viendo la TV todo el día.

Cuando termina la temporada de béisbol en el verano, entrenamos cada mañana. Nuestro entrenamiento varía actualmente. Realizamos una sesión completa, con levantamiento de pesas, calistenia y béisbol. Practicamos la postura correcta con pesas que no son demasiado pesadas para un niño en crecimiento. Todo lo que he leído afirma que se debe mantener a los niños en movimiento y aumentar su tono muscular al mantener el crecimiento de los músculos con ritmo tranquilo. No pretendo que levante pesas que son excesivamente pesadas y se lastime. He estudiado la manera correcta de levantarlas y he tratado de enseñarla a Jesse.

Cada niño debe tener un estilo de vida saludable. Todos necesitamos un poco de tiempo de descanso. Sin embargo, es importante que se mantengan activos y se ejerciten con regularidad. Dos años atrás, realizábamos ejercicios ligeros y además caminábamos y corríamos todos los días. Recorriamos la milla que rodea a nuestro barrio y llevábamos el registro hasta que llegábamos a 160K (100 millas).

Cuando jugamos baloncesto juntos, a veces permito que Jesse recupere los rebotes de sus propios tiros, ya que hace más ejercicio si va por el balón en lugar de esperar a que yo se lo lance. Es frecuente que juguemos uno a uno.

Cuando no está en clases, caminamos por los museos o practicamos el excursionismo. Acostumbrábamos recorrer todo el perímetro del lago en el centro de Austin. Siempre hemos sido una familia activa y eso continúa. Nunca me verán sentado sin hacer nada, y tampoco verán a Jesse sin hacer nada”.



# Guido

y su familia

Guido es un adolescente de Miami que dice a las personas que le encantó la idea de mantenerse activo mediante la natación. Yo quedé encantada del compromiso de Guido de mantenerse activo y reemplazar el tiempo que dedicaba a ver la TV con tiempo dedicado a la natación y a jugar con sus amigos. Pese a ser joven, entiende que reducir el tiempo de las pantallas es una de las cosas más sencillas y más importantes que puede hacer para mantenerse sano. Guido es una inspiración para personas de todas las edades. — Susan Dell

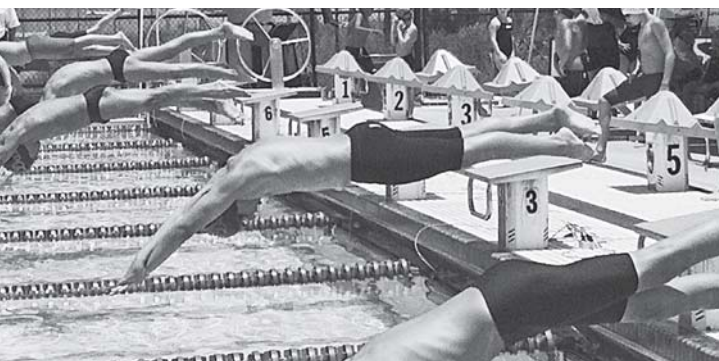
“He tratado de usar la boca para educar a las personas y el cuerpo para mantenerme activo. Me gusta usar aparatos electrónicos para cuya compra he ahorrado dinero, pero sin que estos objetos manden en mi vida. Si tuviera que decir a alguien lo primero que debe hacer para estar sano, le diría que haga cosas sencillas, como reducir el tiempo que está frente la TV. Es algo que cualquier persona puede hacer fácilmente. Hacerlo lleva a estar más activo, ya que se encuentran cosas para llenar el tiempo y divertirse.

Uso mis propias experiencias para transmitir información a otros jóvenes. Les digo que hay cinco cosas que hago para mantenerme sano: 1) Reduzco el tiempo que veo la TV a una hora diaria o menos. 2) Consumo frutas y verduras en cada comida. 3) Duermo nueve horas todas las noches. 4) Estoy activo cuando menos 60 minutos diarios. 5) Trato de tener comportamientos saludables con mis ami-

gos. Ellos son el ‘combustible’ que me ayuda a mantenerme en movimiento y aprendemos unos de los otros.

También me mantengo alejado de la TV con la natación. Es mi deporte favorito. Empecé a nadar en 2007 porque mi mamá no sabía nadar y siempre quiso que yo supiera. Así, me llevó a la piscina y se aseguró de que aprendiera. Pensó que era importante para mi futuro y que también me mantendría ocupado y fuera de la casa. Tampoco quería que estuviera sentado todo el día.

Empecé a aprender cómo nadar y me encantó este deporte. En 2008, empecé a competir. Realmente es divertido estar con los amigos y nadar. Después de eso, pude alcanzar algunos logros. Nado en la piscina y en aguas abiertas, como océanos o lagos. He estado trabajando en aumentar la distancia y el año pasado nadé por primera vez 4K. Estoy seguro de que nadaré toda mi vida”.



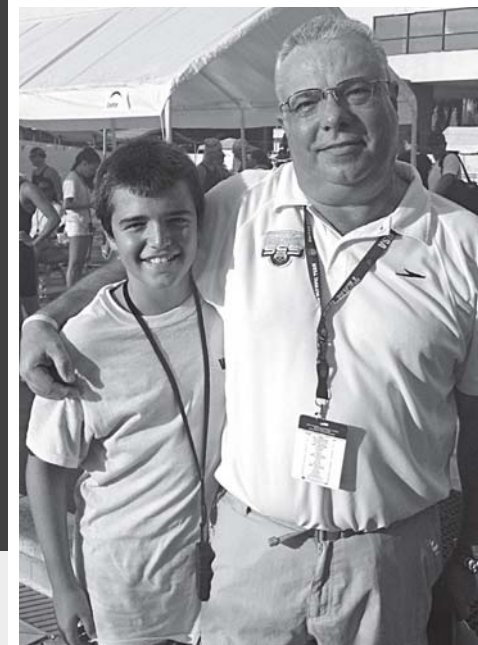
# 4

## PASOS FÁCILES de este mes para estar bien

- 1 **Limite el uso** de la TV, películas, videos y juegos de computadora a no más de **una o dos horas** diarias.
- 2 Saque los televisores de las recámaras de sus hijos. **Predique con el ejemplo** y saque también el de su propia recámara.
- 3 Use un **reloj de cocina ajustado a 60 minutos**. Siempre que su hijo esté viendo la TV o jugando juegos de computadora, permita que transcurra el tiempo en el reloj hasta que se terminen los 60 minutos. Esto ayudará a que **sus hijos decidan a qué quieren dedicar su tiempo de pantalla** y a establecer expectativas claras del tiempo que ellos estarían sedentarios, sin necesidad de discusiones diarias.
- 4 Aparte tiempo para una **actividad familiar** cada día, en lugar de apartarlo para un programa de TV. Planee su vida en torno a **estar físicamente activo** y no alrededor de actividades que requieren que su familia esté sentada.

### Consejos importantes:

- Los pasos pequeños pueden tener un gran impacto.
- Elija uno o dos pasos para iniciar cada mes.



## Recursos



PUBLICACIÓN

*Great Big Book of Children's Games: Over 450 Indoor & Outdoor Games for Kids*  
(Edades de 3 a 12 años)  
Debra Wise, Sandy Forrest  
(ilustradora)



APLICACIÓN  
MÓVIL

Couch to 5K



ORGANIZACIÓN

Salud Infantil  
[www.kidshealth.org/parent/positive/family/tv\\_habits.html](http://www.kidshealth.org/parent/positive/family/tv_habits.html)



COMUNIDAD

Patio de recreo de la escuela de su localidad







America's Move to Raise a  
Healthier Generation of Kids

NAME Bill (age 11)  
WEEK OF 6/6/2010

## LET'S MOVE! SCREEN TIME LOG

Print and complete this log to determine how much time you are spending in front of a screen. Help your family do the same. Place the log in an easy location for everyone to use and see, such as near the family television, by the computer, or on the refrigerator. If screen time for you or your family members is less than 1-2 hours a day, pat yourselves on the back! If it's 2 hours or more, then check out the Get Moving section to help you reduce your screen time and switch to some physically active alternatives.

**SEE SAMPLE LOG BELOW ▼**

	TV	Video Games	DVD	Computer/ Internet	Total Hours Per Day
MONDAY	2 hours	1 hour		1 hour	4 hours
TUESDAY	3 hours	1 1/2 hours		1 hour	5 1/2 hours
WEDNESDAY	1 1/2 hours	1 hour	2 1/2 hours	1/2 hour	5 1/2 hours
THURSDAY	4 hours			1 hour	5 hours
FRIDAY	4 hours	1 hour			5 hours
SATURDAY	3 hours	2 hours	2 hours	1 hour	8 hours
SUNDAY	2 hours	1 hour	2 hours	2 hours	7 hours
				<b>TOTAL HOURS PER WEEK</b>	40 hours



America's Move to Raise a Healthier Generation of Kids

NAME \_\_\_\_\_  
WEEK OF \_\_\_\_\_







	TV	Video Games	DVD	Computer/ Internet	Total Hours Per Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
<b>TOTAL HOURS PER WEEK</b>					

	TV	Video Games	DVD	Computer/ Internet	Total Hours Per Day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
<b>TOTAL HOURS PER WEEK</b>					

# JULY

## Get Moving Today!





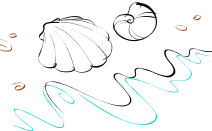
## ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have fun in the water today – really try to use all of your muscles.</p> 	<p>Run in the pathway of each letter of your name. Make each letter big and then small.</p>	<p>Practice your throwing skills. Step at your target and follow through toward your target.</p>	<p>Get your body wet and then lay down on the driveway. When you get up you will see an impression of your body. Practice jumping over yourself.</p>	<p>Play catch with a water balloon. Make a nice soft home for the balloon with your hands, and “give” with your body as you catch it.</p>	<p>Pretend to swat a fly. Use a foam noodle to run around your yard swatting flies.</p>	<p>Set up an obstacle course using things to jump over, go around, and even move under. See how fast you can do it.</p>
<p>Do the course you did yesterday but go through it the other direction.</p>	<p>Pretend to go on a trip today – drive your car, fly in an airplane, ride a motorcycle, and paddle a boat. Really use your muscles.</p>	<p>Find a bouncy ball and practice bouncing and catching. Bounce it off the ground or off of the side of a building.</p>	<p>Play throwing golf: Take turns throwing a ball toward a big target. How many throws does it take to get there? Pick a new target.</p>	<p>Draw different shapes with sidewalk chalk and practice moving over, around, and into them.</p> 	<p>Plan a family fitness day. Let everyone choose one activity and then do all of them together today.</p>	<p>Throw into a target. Find different sized boxes and practice throwing into each of them. Try it near and far.</p>
<p>Before you go to bed tonight, lie on the floor and as you breathe, try to make every muscle tight and then every muscle relaxed.</p>	<p>Make a musical instrument and have your own parade.</p> 	<p>Find three different things that you can jump over that are each a different height.</p>	<p>Make up a new game today using an empty plastic bottle and a ball.</p>	<p>As soon as you get up today – do 10 jumps, 10 reaches, 10 twists, and 10 crazy moves.</p>	<p>On the 13th you were asked to plan a family fitness day; have you?</p>	<p>Find time to laugh and move with your family. Either go for a walk, swim, or hike.</p>
<p>Find something to climb – make sure you ask your parent/caregiver first.</p>	<p>Dig a hole in the sand. Use your muscles.</p>	<p>Set up a variety of targets – bottles, cans, buckets. Then work on throwing at them from different distances.</p>	<p>Set up those same targets as yesterday, but today work on kicking at them from different distances.</p>	<p>Toss, kick and catch! Have fun with a beach ball.</p>	<p>Blow bubbles and chase them around the yard.</p> 	<p>Practice your locomotor movements. Walk, run, gallop, jump, hop, slide, skip and leap. Which one is your favorite?</p>
<p>Turn on some fast, fun music and take turns making up new moves. Your job is to try to keep moving until the song is over.</p>	<p>Play Add On Movement Fun! Do one movement, then your partner repeats it but adds on one more, then you do your first movement, your partners’ and then add on.</p>	 <p>Ask someone to take you to a park. Play on every piece of equipment.</p>	<p>Set up a sprinkler and have fun running through it. Try running around the house after every trip through the sprinkler.</p>	<p>Skip around your home as you sing your favorite song.</p>	<p>Get your feet wet and make tracks on the sidewalk. Try taking big steps and then small steps.</p>	<p>Find your favorite activity from this month and do it again!</p> 

# JULIO

## "A Moverse Hoy"!

### CALENDARIO DE ACTIVIDADES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Diviértete con el agua hoy – trata de usar todos tus músculos.</p> 	<p>Run Corre por el recorrido de cada letra de tu nombre. Haz cada letra grande y luego pequeña.</p>	<p>Practica tus lanzamientos. Da un paso hacia el blanco y sigue hacia el blanco.</p>	<p>Mójate y luego acuéstate en la entrada del garaje. Cuando te levantes verás la impresión de tu cuerpo. Salta sobre tu forma.</p>	<p>Juega a atajar con una bomba de agua. Haz una casita con tus manos y "cede" con el cuerpo cuando atajes.</p>	<p>Pretende que espantas una mosca. Usa un tubo de espuma y corre por tu jardín espantando moscas.</p>	<p>Prepara un recorrido de obstáculos usando cosas para saltar por encima, ir alrededor, y moverse por debajo. Ve cuán rápido lo puedes hacer.</p>
<p>Haz el recorrido de ayer en la dirección opuesta.</p>	<p>Hoy pretende ir de viaje- conduce tu coche, vuela un avión, maneja una moto, y rema un barco. Realmente usa tus músculos.</p>	<p>Busca una pelota que rebote y práctica rebotándola y capturándola. Rebótala en el piso o contra el lado de un edificio.</p>	<p>Juega lanzando golf - túrnense lanzando una pelota hacia un blanco grande. ¿Cuántos tiros toma para llegar a la meta? Escoge un nuevo blanco.</p>	<p>Dibuja diferentes formas con tiza de acera y práctica moviendote por encima, alrededor de y dentro de ellas.</p> 	<p>Planifica un día de ejercicio para la familia. Deja que cada uno elija una actividad y luego la hacen todos juntos.</p>	<p>Lanza hacia un blanco. Encuentra cajas de diferentes tamaños y práctica lanzando algo dentro de cada una de ellas. Inténtalo de cerca y de lejos.</p>
<p>Antes de ir a dormir esta noche - échate en el suelo y mientras respiras trata de apretar todos tus músculos y después relájalos.</p>	<p>Crea un instrumento musical y ten tu propio desfile.</p> 	<p>Encuentra tres cosas diferentes por las cuales puedas saltar por encima.</p>	<p>Hoy inventa un nuevo juego usando una botella de plástico vacía y una pelota.</p>	<p>Tan pronto como te levantes hoy - salta 10 veces, estírate 10 veces, da 10 giros, y haz 10 movimientos chistosos.</p>	<p>El día 10 se te pidió que planifiques un día de ejercicios para tu familia - ¿lo hiciste?</p>	<p>Encuentra tiempo para reír y moverte con tu familia. Vayan a caminar, nadar o de excursión a pie.</p>
<p>Encuentra algo para trepar –asegúrate de pedir permiso a tus padres o cuidador antes de trepar.</p>	<p>Escaba un agujero en la arena. Usa tus músculos.</p>	<p>Coloca una variedad de blancos por tu casa – botellas, latas o baldes. Luego intenta hacerlos caer rodando una bola de diferentes distancias.</p>	<p>Coloca los mismos blancos de ayer, pero hoy practica pateando la bola hacia los blancos de diferentes distancias.</p>	<p>¡Tira, pateas y agarra! Diviértete con una pelota de playa.</p>	<p>Sopla burbujas y persiguelas al rededor de tu patio.</p> 	<p>Practica movimientos locomotrices. Camina, corre, salta, salta de un pie, galopea, salta alto, y resbala. ¿Cuál es tu movimiento favorito?</p>
<p>Pon música rápida y divertida, toma turnos creando nuevos movimientos. Tienes que mantenerte en movimiento hasta que la canción termine.</p>	<p>¡Juega Aumenta un Movimiento de Diversión! Haz un movimiento, luego tu pareja lo repite, pero añada uno más. Entonces haces tú primer movimiento, el de tu pareja y añadas otro más.</p>	<p>Pide a alguien que te lleve a un parque. Juega en cada pieza del parque.</p>	<p>Establece un aspersor de agua y diviértete corriendo a través de él. Cada vez después de que atraveses la aspersión de agua trata de correr alrededor de tu casa.</p>	<p>Salta al rededor de tu casa mientras cantas tu canción favorita.</p>	<p>Moja tus pies y haz huellas en la acera. Trata de tomar pasos grandes y luego pasos pequeños.</p>	<p>¡Encuentra tu actividad favorita de este mes y repítela!</p> 



United States Department of Agriculture

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