

Stride MAY

SPORTS & PHYSICAL
FITNESS MONTH



DID YOU KNOW?

Only 1 in 3 children are physically active every day.

Less than 50% of the time spent in sports practice, games, and physical education class involves moving enough to be considered physical activity.

Children and teens spend more than 7 hours per day on average using TVs, computers, phones, and other electronic devices for entertainment.

About 1 out of 3 children is either overweight or obese in the United States.

Overweight teens have a 70% chance of becoming overweight or obese adults.

Regular physical activity in childhood and adolescence

- Improves strength and endurance,
- Helps build healthy bones and muscles
- Helps control weight
- Reduces anxiety and stress
- Increases self-esteem
- May improve blood pressure and cholesterol levels.
- May help improve students' academic performance, including
 - Academic achievement and grades
 - Academic behavior, such as time on task
 - Factors that influence academic achievement, such as concentration and attentiveness in the classroom.

The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least **60 minutes of physical activity daily.**

Find a fun activity. Help your child find a sport that she enjoys. The more she enjoys the activity, the more likely she will continue it. Get the entire family involved. It is a great way to spend time together.

Be a role model. Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.

Turn off the TV. Limit TV watching and computer use. The American Academy of Pediatrics recommends no more than 1 to 2 hours of total screen time, including TV, videos, computers, and video games, each day. Use the free time for more physical activities.

Here are some local community resources to get you started:



BLEND Fit Kids Series

This year, children who participate in four or more Fit Kids Series endorsed events, or three plus one additional event, will get a personalized pillowcase! **You must register for the series by June 1 to qualify for the pillowcase.** Financial assistance may be available upon request.

Sign up at:

<http://feelinggoodmn.org/blend/>

Community Education

Your local community education team offers tons of great physical activities for kids of all ages. With the low cost, shorter season, and vast variety it is a great way to introduce children to new sports without a huge commitment. Funds tight? They offer scholarships and reduced fees for families that qualify.

St Cloud-

<https://www.isd742.org/Domain/21>

Sauk Rapids/Rice-

<http://www.isd47.org/ce>

Cold Spring-

<http://www.rocori.k12.mn.us/rocori-community-education>



Sartell/St Steven-

<http://www.sartell.k12.mn.us/community-education/community-education>



A great resource for events going on locally; festivals, classes, camps, day trips, and homemade fun for rainy days! They even have ideas for kid-friendly, healthy recipes.

Find out more at:

<http://www.fun4kidsmn.com/>

The city of St Cloud has a number of youth activities on their website as well as a listing of the various wading pools, parks, etc.

For Youth Activities:

<http://www.ci.stcloud.mn.us/180/Youth-Activities>

