



The Fitness Flyer

January Daily Healthy Habit:
Limit TV and Video Games to 60 minutes or less

Are "Wii" Fit?

Santa has come and gone and he left many gifts for the family. One addition that your household may have is a Wii video game console. Active virtual gaming, i.e. Wii Sports and Dance Dance Revolution, can play an important role in getting kids off the couch and involved in physical activity, but are they a replacement for traditional exercise? Not quite...

While virtual gaming is no replacement for real exercise, it is a place to start. It can be fun for the whole family, build hand eye coordination and be a confidence builder about actually trying a sport or activity. Although active gaming is no a substitute for regular physical ac-

tivity, it does burn twice as many calories as the old-school (sitting on your couch) video games says Erin Kurdyla from SELF Magazine in her article "Fresh Fitness Tips." The Wii games that are deemed as most aerobically challenging fall short in the potential to help maintain and improve cardio respiratory health. This means that these games burn significantly fewer calories than the activity itself.

Although the virtual gaming workouts are not enough by themselves, that doesn't mean you need abandon them altogether. Just remember that these games are not substitutes for regular physical activity. The Centers for Dis-

ease Control and Prevention recommend that kids perform 60 minutes of physical activity on most days, preferably daily. The percentage of young people in the United States who are overweight has more than tripled since 1980.

Active virtual gaming can have a role in a healthy lifestyle. It's a place to start and have some fun together. It's a way to try something new, but really, you ought to get outside. Give it a try and have some real fun!



5 Ways to Keep Motivated to Workout This New Year!

1. Listen to music. Music is a way to keep our spirits up and to keep us going. For that reason, I suggest you make a good play list on your MP3 player or IPOD specifically to motivate you for your workouts. Music has a way of turning you from a de-motivated blob into a motivated workout machine. **2. Workout with a buddy.** Working out with a buddy is a great way to stay motivated to keep working out. If you know someone else is depending on you to get in their workouts, you will feel responsible to make sure that the workout happens. **3. Mix up your routine.** Sometimes doing the same thing over and over just gets too repetitive for even the best of athletes. Add some vigor to your workouts by mixing up your routine, like throwing in a kettlebell workout or adding swimming to one of your workout days. **4. Challenge yourself.** If you're not feeling motivated to work out, chances are that you're not challenging yourself enough. Step back, re-evaluate the situation, check your weight and set new goals to meet for the next month. This will help you get up and out and give a new sense of purpose to your workouts. **5. Join a forum.** Joining a forum with like-minded individuals who can give you encouragement is a great way to keep you motivated and loving every step of your fitness journey. If you haven't done it yet, I highly recommend it!

Information above found at <http://www.tryingfitness.com/5-ways-to-keep-motivated-to-work-out/>.

Screen Time Alternatives

Ronit Baras came up with a great idea. I ran across her website and an interesting article that was on it. Many people set New Year's resolutions to lose weight, stop eating so much junk food or live healthier in general. Baras suggested that we put ourselves on a "TV diet," and just as with any other diet you must come up with alternatives to fill the gap. Here are a few of her suggestions:

- Pick up a hobby (hobbies that include physical activity are even better because they replace sitting in front of a TV with fun exercise)
- Read a good book (our imaginations are much better than any movie)
- Take up art (drawing, coloring, etc)
- Play sports, dance or learn to play an instrument.

Information above found at: <http://www.ronitbaras.com/index.php/focus-on-the-family/parenting-family/tv-diet-16-healthy-alternatives/>



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).



Zest Quest® Tracker

Name _____
Teacher _____

Daily Healthy Habit: Limit TV and Video Game Time to 60 Minutes or Less

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Signature
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

***Please return to school by February 5th to help your class win the January Tracker Challenge!

Family Challenge: At least once each week take your family out for a walk.

Did you meet your goal?

___ YES! ___ Not quite

My goal is to limit my TV, video game and computer time to ___ minutes or less ___ days this month.

Did you meet your goal? ___ Yes!! ___ Not Quite