

May is

“Exercise is Medicine”™ Month

Bulletin Board Display

- Slides 2 & 3 are title pages.
- Slides 4 & 5 provide some key messages and graphics of activity ideas; this may be best displayed near title pages.
- Slides 6, 8, and 10 are the question pages; slides 7, 9, and 11 are the answer pages. Display question pages over the correct answer page (i.e. 6 over top of 7, so participant lifts question page to find the answers underneath)
- Decorate the rest of the bulletin board however you like!
- Slides 12 & 13 are for covers of folder/pockets where optional handouts may be displayed. The title of the handouts are on the bottom of the respective slide.

MAY

is

“Exercise

is

Medicine”

Month

“Exercise is Medicine” is a trademark of the American College of Sports Medicine

“Exercise is Medicine”

- ✓ Exercise helps you with maintaining a healthy weight!
- ✓ Exercise can help reduce the risk of heart disease, diabetes, and some cancers.
- ✓ Exercise may prevent the need for taking some medications.
- ✓ Ask your Doctor before starting any kind of exercise program and about the importance of exercise.

Family Activity Ideas



Park/Playground



Hopscotch



Go for a Walk



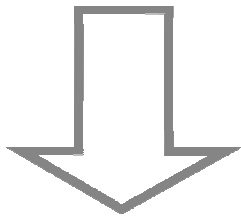
Dancing



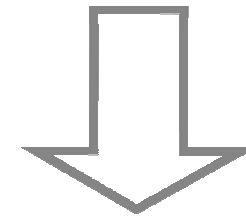
Blow Bubbles



Why is it important
for children to be
active?



LIFT FOR ANSWER



It is important because...

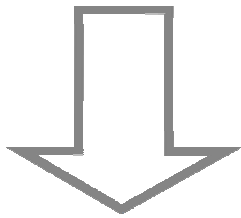
- ✓ Family activities create memories for your children!
- ✓ Activity helps the family stay at a healthy weight!
- ✓ Remember to have fun
—just keep moving!



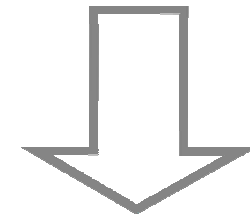
- ✓ Parents are role models; if you are active with your child then the child learns to enjoy activity plus the whole family benefits!



How many minutes
a day do you need
to be active?



LIFT FOR ANSWER



Activity Goals



Children: 60 minutes every day

Adults: 30 minutes every day

How can we get in 60 minutes a day?

Morning: 15-30 minutes

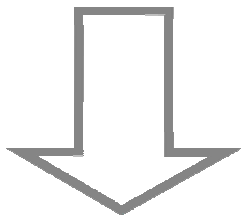
Afternoon: 15-30 minutes

Evening: 15-30 minutes

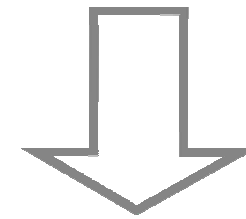
Remember it is the total play time; minutes can add up easier than you think!



What is stopping
you from being
active?



LIFT FOR ANSWER



"Why I'm not Active"

- Busy with work and household chores
- Television, computers and video games
- Limited space to be active
- Unsafe neighborhood

Ideas to Get Active



- Share the work—children can help; make it a family activity
- Pick only 1 or 2 favorite shows or limit time to 2 hours
- Go to local park; walk to the store; park farther out—these are ways to get more active away from home
- Play safe inside activities; have your child pretend to be an animal

What other ideas can you think of?

PLEASE TAKE ONE



"Physical Activity Ideas"

PLEASE TAKE ONE



"Homemade Bubble Recipe"

Physical Activity—Ideas for Children and Families to be Active



Items to Use:	Suggested Activities:	Items to Use:	Suggested Activities:
<p>Ball or use instead:</p> <ul style="list-style-type: none"> • Rolled-up socks • Crumpled paper or foil (could put in bag and tie shut) • Yarn ball • Beanbags • Similar objects per activity <p>*Ballons are <u>not</u> recommended due to choking risks</p>	<p>Catch – play catch with more than 1 person</p> <p>Bowling—set up empty containers (i.e. Milk jugs, water or juice bottles, or empty cereal boxes) and child rolls ball to knock them down</p> <p>Follow the Path—create a path, using: stick in dirt, sidewalk chalk, or shovel snow, etc. and have child, using feet, to guide the ball down the path</p> <p>Bounce the ball—depending on ball and age, have child bounce ball alone or to someone else</p>	<p>Sidewalk chalk or use instead:</p> <ul style="list-style-type: none"> • Stick in dirt • Masking/similar tape • Raked leaves or grass clippings 	<p>Hop to It—create boxes or circles and have child hop in/out of area</p> <p>Cross the Line—draw single line and have child jump over the line</p> <p>Hopscotch—create hopscotch diagram (numbers 1-10) using chalk, tape or stick in dirt. Use a beanbag/stone and have child toss to square 1 and hop or jump to 1 then repeat thru 10.</p> <p>Tight Rope Walker—create a line for child to walk along (depends on age).</p>
<p>Bucket or use instead:</p> <ul style="list-style-type: none"> • Empty plastic food containers (ice cream or other containers) • Laundry basket • Non-breakable mixing bowl 	<p>Toss—toss ball or other safe objects into empty container.</p> <p>Tidy up Toss—same idea for picking up toys</p>	<p>Foam Frisbee or use instead:</p> <ul style="list-style-type: none"> • Small plastic lid(s) • 2 small foam plates glued/taped together 	<p>Disc toss—toss the disc to another person or into a basket, box, or bowl.</p> <p>Ring toss—if center is hollow, create a ring toss setting up empty water bottles or cans to toss the ring onto the bottle.</p>
<p>Nylon Scarf or use instead:</p> <ul style="list-style-type: none"> • Bandana • Square piece of cloth • Light weight dish cloth • Paper Towel • Ribbons 	<p>Scarf catch—child can throw the scarf/bandana into the air and catch it.</p> <p>Dance Wand—attach cloth or ribbon to a wooden spoon. Child can make movements with the wand (circles, zig zags, etc.) *note: consider safety of spoon handle depending on child's age</p>	<p>Water or similar drink bottle</p>	<p>Water Weights—adults; use water bottles to carry as added hand weights when walking</p> <p>Water Walk course—create a row of empty water bottles for child to walk circling in between the empty bottles.</p> <p>Bottle Bowling—set up empty water bottles in pyramid shape (like bowling pins) and roll a ball or rolled up socks to knock them down.</p>
<p>Bubbles and Wand:</p> <ul style="list-style-type: none"> • Store bought bubbles or make your own mixture • Wand ideas: <ul style="list-style-type: none"> ▪ Fly swatter ▪ Straw ▪ Pipe cleaner (shaped) 	<p>Catching bubbles—have an adult or older child blow the bubbles while smaller child tries to catch them.</p> <p>Watch them pop—blow the bubbles for child and have them stomp on the bubbles to pop them</p>	<p>Using their own body movements</p>	<p>Pretend to be a favorite character or animal (like 'Thomas the Train' and move like a train).</p> <p>Airplane—child can raise arms out and move like an airplane.</p> <p>Dance—if available, put on music and do silly dance moves.</p>

Homemade Bubbles Recipe

2/3 cup concentrated liquid dish washing soap

4 cups water

Optional: 1 Tablespoon corn syrup OR 1 Tablespoon glycerin (inexpensive and can be found in healthcare department at the store, ask the pharmacy person).

Pour water into large container, like a dishpan or empty clean milk jug.

Add the dishwashing soap and gently stir.

Optional: Add corn syrup or glycerin and gently stir.

Let the bubble mixture sit for several hours before using. The longer it sits the better the bubbles.

Cover and store any leftover bubbles for another day. Leftover plastic yogurt or margarine containers with lids work great for storing bubbles.

Tips:

1. Some dishwashing liquids work better than others; so you may want to try different brands.
2. Distilled water may help make the bubbles better.
3. Let the wand sit in the bubble mix for a few seconds before blowing bubbles; stirring creates suds or foam, which are bubble busters!

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