



## Home Connection



**Your child's teacher has received JumpStart classroom materials designed to incorporate both physical activity and nutrition information in classroom lessons, and to promote collaboration between schools and local parks.**

### On the Move

Active living has a great impact on preventable diseases and enhanced quality of life. Experts brought together by the National Heart, Lung, and Blood Institute to consider the importance of physical activity have recommended that children take part in at least 30 minutes of moderately intense physical activity (such as brisk walking, swimming or cycling) every day. The exercise can be continuous or in 10-minute sessions.

### Eat Heart Healthy!

High levels of fat, saturated fat and cholesterol are linked to increased risk for cardiovascular disease. Help make your family's diet heart healthy:

- Choose a variety of foods, especially those lower in fat, saturated fat, and cholesterol;
- Eat more grains, vegetables and fruits.

### Get Out and Play!

Here are some ways to encourage your whole family to get more physically active and

have fun at the same time. At first it may seem difficult to find time to play together, but the rewards are tremendous.

### ● Break the Time Barrier

Use a calendar to make dates for playing actively together. If you make a commitment to play, you're more likely to do it. The best way to make sure family members stick with an action plan? Make sure it's fun for all.

### ● Put It In Writing

Have each family member make a pledge, in writing, to do some kind of physical activity every day. Start out gradually; then add time—up to 30 minutes a day. Ask children what activity they would like to do and help them do it.

### ● Unplug!

Agree to turn off the TV, video games, computer and VCR one day a week for a month. After one month, move up to two days a week. Instead, take a walk, a family bike ride, or a chance on a new activity.

### JUMPSTART

has been developed by Scholastic Inc. for the National Recreation and Park Association (NRPA), which promotes active, healthy lifestyles through local parks and recreation agencies; and the National Heart, Lung, and Blood Institute (NHLBI) which, as part of the National Institutes of Health, supports medical research to improve the health of children and adults.



● **Be Family Fun Detectives**

Discover what your town has to offer. Contact your local parks and recreation department for information about ongoing activities and special events. Take advantage of local year-round recreation opportunities.

● **Make a Wish List**

Post a menu of activity ideas from every member of the family. Include activities you have always thought would be fun to try, even if they seem impractical. Talk about your choices. Then pick an activity and do it! Keep adding to the list.

● **Get Moving!**

When planning family events, be sure to include physical activities — hiking, biking, skiing, water sports. On birthdays and holidays, give gifts that call for “doing,” not sitting— a ball, a jump rope, in-line skates.

**Seasonal Fun**

**Fall**— Take a hike in a local park or along a nature trail

to check for signs of the changing season. Rake leaves with your neighbors.

**Winter**— In December, take part in the National Audubon Society’s nationwide bird census. Look for animal tracks in the snow. Participate in a local park’s winter sports festival.

**Spring**— Learn to throw a Frisbee®. Hike nature trails to identify signs of Spring. Start jogging for part of every walk. Take part in Spring clean-ups of local recreation areas. Help neighbors with yard work.

**Be Kind to Your Park**

Kids are never too young to learn lessons about the environment — such as respect for nature and the value of open spaces.

Parks are great places to teach them to always use trash cans, and to never pick flowers or harm trees or shrubs.

**WARM UP/  
COOL DOWN**

**Before starting any physical activity, warm up by stretching, walking, or doing your activity more slowly. Cool down the same way.**



**JOIN THE FUN!**

● For information about making the most of parks and recreation with your family, give the NRPA a call at 1-800-649-3042.

Find more great JumpStart activities on the NRPA website <http://www.nrpa.org>.

● For more information on heart health, contact: NHLBI Information Center P.O. Box 30105 Bethesda, MD 20824-0105.

NHLBI website: <http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm>

