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## Encouraging Physical Activity



## HEALTHY BODY AND MIND

2013/2014

### What's inside:

- *Recommended minimum requirement*
- *Active Body, Active Brain*
- *Limit Screen Time*

## Physical Activity



Physical activity in combination with healthful eating can prevent chronic diseases like heart disease, cancer and stroke. Physical activity helps control weight, builds muscle, reduces fat, builds strong bones, muscle and joint development. Children need sixty minutes of play with moderate (walking) to vigorous (running) activity every day. Despite all the known benefits of physical activity, most do not engage in regular exercise, according to the NYS Behavioral Risk Factor Surveillance Survey. The Obama Administration has great concern for the health of American Children. The “Let’s Move” campaign and Michelle Obama challenge us to put an end to childhood obesity. Previous generations spent more time playing outdoors, stayed out until the street lights came on and the selection of television programming was much more limited than is available today.

The “**Let’s Move**” campaign has four pillars:

- Offer tools to make better decisions about nutrition
- Get healthier food in schools
- Improve accessibility and affordability to healthy foods
- Increase opportunities for children to play and move



The President’s Physical Fitness Challenge is a key component of this effort, but has to be modernized. It now stresses the importance of athleticism, but not every child is athletic. We just need them to move.

The NYS DOH Eat Well Play Hard Strategy addresses physical activity and stresses developmentally appropriate activity. Nearly everyone can incorporate some physical activity into their day by making simple changes – take the stairs, park farther away from destination, dance to music instead of watching T.V. and exercise during television commercials.



**Eat Well Play Hard** follows these strategies:

- Increase developmentally appropriate physical activity-use large muscles to improve strength and endurance, boost self esteem, help build healthy bones and promote life long activity, all keys to weight control.
- Increase consumption of low fat milk and dairy
- Increase consumption of vegetables and fruits



It is important for the human body to have time to be active. The body was made for motion and plenty of fresh air and running around leads to a healthy appetite and deep sleep. Offering the opportunity for children to be active with adult-organized and self directed large motor activity can lead to a strong body.



## Daily Minimum Dose

It is recommended that all children age 2 and older participate in at least 60 minutes of enjoyable, moderate intense physical activities every day. These activities are developmentally appropriate and varied. If children don't have a full 60-minute activity break each day, try to provide at least two 30-minute periods or four 15-minute periods in which they can engage in vigorous activities. These activities need to be appropriate to their age, gender, and stage of physical and emotional development.



The Let's Move Campaign stresses getting movement incorporated throughout the day any way you can. Little slices of activity through the day will add up to the recommended amount. Using children's current ability, keep adding more time and more activities to keep the activity interesting and challenging.

- Provide daily outdoor or alternative activities during bad weather.

Large motor activities: jumping, running, dancing, marching, kicking, riding tricycle, and throwing a ball

- Encourage children to keep moving by including active games and play throughout the day with music, dance and make-believe.

Provide toys and equipment that encourage physical activity such

as balls, hula hoops, bubbles, and cardboard boxes.



## Healthy Body, Healthy Mind

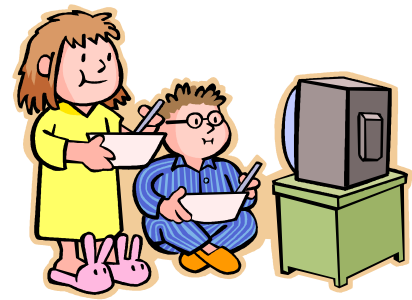
Research shows that physical education improves performance in the classroom setting:



- Recess can improve students' attention, concentration and ability to stay on task.
- Increased time in PE classes can help children's attention, concentration and test scores.
- Short physical activity breaks of about 5 to 20 minutes in the classroom can improve attention span, classroom behavior and test scores.
- Participation in sports teams and physical activity clubs, often organized by the school and run outside of the regular day, can improve grade point average, school attachment, educational aspirations and the likelihood of graduation.

The regulations require daily outdoor play and a varied routine of quiet and active activities. Making it a habit to include physical activity in the daily routine is a good way to prevent illness and keep everyone's mood elevated. Putting on a timer to remind everyone to get up and move around is one way to make sure that too much time in one place does not become a habit. Children naturally do not like to be still for too long. This should be encouraged. There is a time for quietness and concentration as well as laughter, running and dancing.

Exercise is not only good for general health, it is also good for brain power. D. John Ratey, Harvard Medical School, says that exercise optimizes the brain to learn. Exercise boosts metabolism, decreases stress and improves mood and attention. All of these help the brain to perform better, Ratey explains. Get children active so they can improve their ability to concentrate and perform better in school. ([www.sparkinglife.org](http://www.sparkinglife.org))



## Limit Screen Time

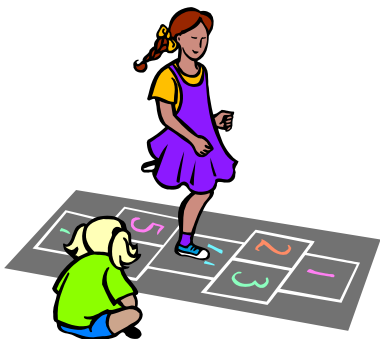
Eight to Eighteen year olds spend an average of 7.5 hours a day watching T.V., computer screens or hand held devices. On a typical day only 1/3 of students get the recommended levels of physical activity. To increase opportunities for activity, today's children need safe routes to school to walk or ride a bike, parks and playgrounds to play in after school and programs like dance and sports to participate in.

Explain to children that it's important to sit less and move more in order to stay healthy. Health experts recommend no more than 2 hours of computer or television time per day unless it's related to school work. Children younger than two should be kept away from the T.V. entirely according to the Let's Move campaign. Adults can be the role model and limit screen time for the whole household.

To get a sense of how much time is spent active and how much time you spend in passive activities log activities for several days ([www.letsmove.gov](http://www.letsmove.gov) has tools for this). There are also apps available for Smartphone's to track your activity as well. Once you have a sense of how much time is spent in moderate to vigorous activity, the amount still needed will become apparent.

The new regulations limit the use of televisions during day care hours. Televisions and other electronic media may only be used when they are part of the developmentally appropriate program. Televisions must be turned off during meal and rest times.

Encouraging children to be more active is an important part of early childhood education. Working activity into the daily routine involves ramping up the current level until the 60 minute minimum is met. Meeting the minimum has many benefits for the mind, body and spirit. It is time to get out of the chair and jump around.

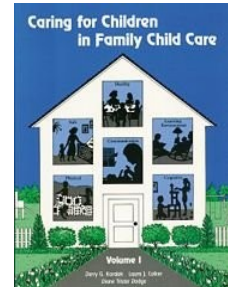


## Resources

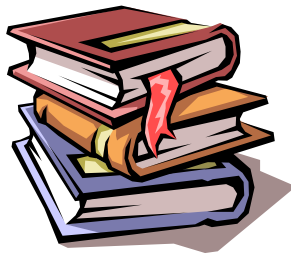


Core Body of Knowledge New York State's Core Competencies for Early Childhood Educators

Caring for Children in Family Child Care Derry G. Koralek, Laura Colker, Diane Trister Dodge Teaching Strategies, Inc. Toni Bickart fourth printing 2005



Setting up for Infant/Toddler Care: Guideline for Center and Family Child Care Homes, NAEYC 1996 Anna belle Godwin and Lorraine Schrag



Caring for Our Children National Health and Safety Performance Standards, Guideline for Early Care and Education Programs

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education 2011,

Healthy Young Children , A Manual for Programs, American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education 2002 Susan S. Aronson, MD FAAP< Editor,

[http://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/pa-pe\\_paper.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf) The Association between school based Physical Activity including Physical Education and Academic Performance

NYS Family Day Care Regulations

Family Day Care Provider Handbook NYS OCFS SUNY Training Strategies Group 2006  
[Www.health.ny.gov/prevention/nutrition/cacfp/ewphccs\\_curriculum/ docs/fitness\\_is\\_fun.pdf](http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs_curriculum/docs/fitness_is_fun.pdf)

The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance

Mission Statement: To support the community by expanding and promoting high quality Child Care that meets the needs of children & their families. Visit our website [www.familyofwoodstockinc.org](http://www.familyofwoodstockinc.org)



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