

Well, I Would Walk 10,000 steps!

The lyrics of a hit song by The Proclaimers describe a young man's willingness to walk 500 miles and then 500 more to be with the woman he loves. A great way to stay healthy, too! Fortunately, it doesn't take 500 mile walks to stay healthy. It only takes 10,000 steps a day!

Health experts indicate that walking this amount each day, which for most people is the equivalent of about 5 miles, along with a bit of dietary discipline, helps in the battle against obesity, a condition effecting more than 30% of the adult population in the United States.

Here are some simple tips for getting into and maintaining the healthy habit of counting steps:

- * Buy a pedometer. They are inexpensive and easy to use! The model available through the Wheat Ridge Ministries Marketplace (www.wheatridge.org) even has a radio!
- * Get help from the web. Web sites for organizations such as "Shape Up America!" and "America On The Move" provide great information and motivational tools.
- * Calculate the steps needed to reach a favorite destination. How many miles is it from your home to your favorite vacation spot? How many days, at 10,000 steps per day, would it take you to get there? Use this tool to set an achievable goal.
- * Walk at work. Invest a portion of your lunch hour for walking around the block, through the hallways, etc.
- * Find excuses to walk. Use the stairs instead of elevators or escalators. Park further away from your office or the store and enjoy the extra walk.
- * Buddy-up. Walk with a friend and establish goals together.
- * Reward yourself. Have some fun with a reward when you achieve a step goal.

Physical Fitness Program- Thought this newsletter would interest you. hin.nhlbi.nih.gov/joinhin/news/0904salud.htm You can subscribe for free at - hin.nhlbi.nih.gov/joinhin/join.asp

Safe biking tip for kids and parents

Bicycle accidents occur most often during the summer months, with children ages six to 12 at highest risk. According to the American Academy of Pediatrics, most serious bike accidents involve these four factors:

- *Not wearing a helmet.
- *Riding a bike that is too big or too small (usually a borrowed bike).
- *Riding double.
- *Wearing clothing that is too dark.

Before children are allowed to ride on their own, parents should make sure that they can:

- *Stop the bike quickly by using the brakes
- *Start riding without wobbling out of a path that is three feet wide
- *Stop and dismount without falling

*Ride in a straight line near the curb.

Children should also know these rules for safe biking

1. Always wear a helmet. Elbow pads and kneepads are a good idea for a beginner.
2. Ride single file on the right side of the road, with traffic. Drivers are more likely to see you.
3. Do not ride at dusk or after dusk.
4. Obey all traffic signals and stop signs. Wait for a green light.
5. Stay off streets that have a lot of traffic, and wear bright-colored clothing. Put reflective stickers on your helmet or wear a reflective vest
6. Ride in a straight line near the shoulder or curb.
7. Always try to ride with a buddy who has a bike -- but don't ride double.
8. Don't ride a borrowed bike. It might not fit you properly and it might not be in good condition.
9. Don't use your bike to do stunts and tricks.
10. Stop and look for traffic at all intersections, including where the streets cross alleys and driveways.

Source: American Academy of Pediatrics

We're so glad you're interested in the new and improved *Choose To Move!* We're launching it today, so you can sign up now and join women across America in this free, proven, 12-week physical activity program.

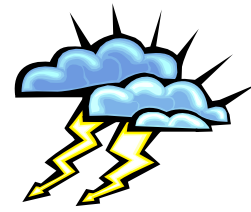
Choose To Move helps you increase your physical activity, improve your dietary habits, and develop a healthier you.

Please click on the link below and register. Then go to the handbook section and complete the form to receive your FREE electronic *Choose To Move* handbook. With your personal username and password, you'll get access to 12 weeks of physical activity tips, nutrition advice, virtual exercises, and much more!

Forward this e-mail to a friend and encourage her to participate with you. Or send her a <www.s2mw.com/ecard/login.aspx?cpnyid=13> *Choose To Move* e-card. Best wishes, and enjoy *Choose To Move!*

Click here to get started!

Health And Nutrition Flash



Good Health...A Basic Foundation for Teaching and Learning

Brought to you by The Columbus Health Department



Hello School & Health Professionals!

Welcome to the **February** issue of this newsletter! We hope you find it to be a useful resource that enhances you personally, as well as professionally. Feel free to share the information with colleagues, students, and their parents.



WOW, WHAT A GREAT RESOURCE!

VERB, It's What You Do!

VERB is a national multicultural media campaign intended to promote physical activity and community involvement among 9 - 13 year olds. The messages are designed to encourage them to find their verb (such as run, paint, sing, dance, jump, skate, etc.) or several verbs to inspire them to use "their verb" as a launching pad to better health through regular physical activity.

If you're looking for motivators or rewards to help position physical activity as something fun for children to do regularly, the VERB Campaign now has stickers, temporary tattoos, and posters available for ordering at no cost (while supplies last). In addition, a student planner and some teacher and student materials for the classroom are available for downloading.

To place an order for free materials visit www.cdc.gov/youthcampaign/materials/order_form/order.htm. To view other materials that can be downloaded from the site for use with tweens and adults, make selections from the drop-down menu at the left.

To keep VERB appealing, special, and "super-cool" for tweens and to ensure that VERB is always about being physically active and having fun, CDC has created a one-page tip sheet for influencers (positive, can do messages, trial and praise). Remember these tips when using the VERB materials to engage tweens in physical activity. The tip sheet is available online at: www.cdc.gov/youthcampaign/materials/PDF/coolnesstipsheet.PDF



Health In the News...

Physical activity in our children, as it relates to weight management, is a hot topic in the media recently. **How active are our children in schools and outside the classroom? Can physical activity improve academic performance in children?**

In Schools: According to a recent survey from the US Centers for Disease Control and Prevention

- 38.5% of children aged 9-13 participated in organized physical activity and 77.4% of children engaged in free-time physical activity during non-school hours.
- Children of parents with lower incomes and educational levels were also less likely to participate in organized physical activity.
- Male students (72.6%) were more likely to engage in vigorous activity than female students (57%).
- Hispanic and African-American students were significantly more likely to report no vigorous or moderate physical activity, (11.2% and 12.9%, respectively), compared to white students (8.2%).

Physical activity is important for the health of children but also for their academic performance. Studies show that:

Providing more opportunity for physical activity leads to higher test scores. A reduction of 240 minutes per week in class time spent on academics to enable increased physical activity, led to consistently higher mathematics scores [1], [2]

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior. Academic achievement improves even when the physical education reduces the time for academics [3].

[1] Shepard, R.J., Volle, M., Lavalee, M., LaBarre, R., Jequier, J.C., Rajic, M. Required physical activity and academic grades; a controlled longitudinal study. In L. Limarinen and Valimaki, editors. *Children and Sport*. Berlin: Springer Verlag; 1984. 58-63

[2] Shepard, R.J. Curricular physical activity and academic performance. *Pediatric Exercise Science* 1997;9:113-126

[3] Symons, C.W., Cinelli, b., James, T.C., Groff, P. Bridging student health risks and academic achievement through comprehensive school health programs. *Journal of School Health* 1997; 67(6): 220-227.

The Division of Nutrition and Physical Activity at CDC is pleased to announce the completion of the StairWELL To Better Health Online Toolkit. This toolkit provides "how-to" assistance for those who wish to replicate similar changes to stairwells in other locations. The following topics are addressed:

- * Introduction and Background
- * Improving the Visual Appeal of Your Stairwells
- * Creating and Testing Motivational Signs
- * Installing Music
- * Other Ideas to Consider
- * Tracking Stair Usage
- * Related Resources

The StairWELL Toolkit currently can be accessed on DNPA's website at www.cdc.gov/nccdphp/dnpa/stairwell/index.htm. Note that the toolkit will eventually be housed on the CDC's Healthier Worksite Initiative's website (with a different URL). We do not know when this change will happen, but another announcement will be sent out at that time. In the meantime, the toolkit can be accessed at the link above.

Bikes Belong Coalition, the bicycle industry's advocacy voice, was incorporated in 1998 with the mission of putting more people on bicycles more often by promoting bicycling and assisting local organizations, agencies and communities in developing bicycle facilities projects that will be funded by the Transportation Equity Act. Bikes Belong has awarded over \$500,000 in grants with a return of over \$250 million in funding for bicycle facilities. Bikes Belong has funded over 679 miles and connected 3,185 miles of bike facilities projects- enough to cross the United States. For more information about Bikes Belong Coalition, visit www.bikesbelong.org.

For more information on the Bicycle Friendly Community Campaign, visit www.bikeleague.org or www.bicyclefriendlycommunity.org.