

Be Active!

Be Healthy!



Things for a bunch of you to do

- * Have a dance contest
- * Play tag
- * Team sports
- * Tug of war

Whatever the weather, ACTIVITY is fun

When it's cold

- * Dress properly
 - * Go inside when you get cold.
 - * Playground activities
 - * Hike, walk
- Active games & sports

When it's hot

- * Row a boat
- * Wash the car
- * Play in the sprinkler
- * Go swimming

- * Playground activity
- * Water the garden
- * Take a hike

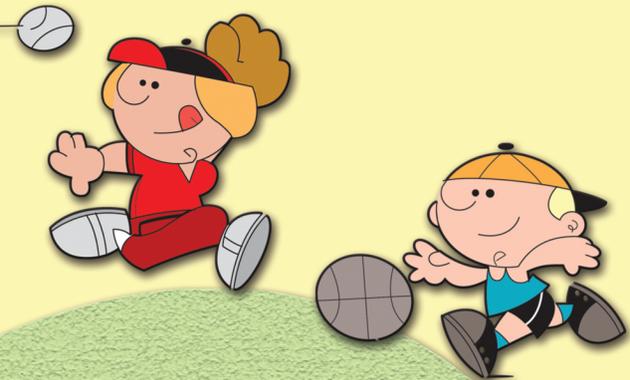
When it's rainy & you're indoors

- * Practice crunches
- * Do leg lifts
- * Gymnastic moves
- * Dance
- * Play ping-pong
- * Go bowling

Remember! Check with your parents before doing an activity. ALWAYS choose SAFETY FIRST.

For more information, call Darnall Hospital at 286-7856 or 888-833-2607 ext 7856.

Control Your Diabetes!



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Hey Kids, Get Physical with Activity!



Things For You, Two, or a Bunch To Do

Then and Now

- * Grandpa played ball.
- * Dad went to the ball game.
- * I watch the game on TV.

The difference between Grandpa, Dad and me is the amount of physical activity.

Physical Activity is Important

- * It keeps our bones, muscles and joints healthy
- * It keeps us at a healthy weight
- * It helps our blood pressure
- * It makes us feel good
- * It is fun

How Much Exercise?

To get and stay healthy, kids should exercise every day, but at least 3-5 times a week, for 20-30 minutes.

Safety First

- * Ask your mom or dad to check with your doctor before you begin.
- * Dress for the weather. Bundle up if it is cold and drink lots of water when its hot.
- * Make sure you stretch before and after exercise. Stretching keeps you from hurting yourself while you exercise.
- * Use the right equipment. This means bicycle helmets, knee pads, or other guards to keep you safe from injury.
- * Stop AT ONCE if you feel:
 - pain
 - sick to your stomach
 - very tired
 - dizzy

Things to do if it's just you

- * Shoot hoops
- * Ride your bike
- * Jump rope
- * Skateboard
- * Practice gymnastic moves
- * Ice skate
- * Walk your dog

When you & a friend make two

- * Play catch
- * Tennis
- * Badminton
- * Go swimming
- * Any of the fun things (above), together

