

PLAY OUTSIDE THE BOX



Creative Solutions for Healthier Kids



Forty-three percent of Kansas City children are overweight or obese – much higher than the national average! Part of the problem is that kids don't get enough exercise. The American Academy of Pediatrics recommends that children spend less than two hours a day in front of the TV and computer screens.



- Walk your child to school.
- Go for a bike ride or roller blade.
- Have a family fun night at the park.
- Take the stairs instead of the elevator.
- Visit the playground for a family recess – kids, show your parents how to play!
- Turn off the TV during mealtime.
- Buy active presents for gifts – jump ropes, hula hoops, balls, etc.



For more information, call the Childhood Obesity Community Resource Line at 816-983-6908, sponsored by Children's Mercy Hospitals and Clinics.

Aim for fitness:



- **Go on a scavenger hunt** – Write up a list of items to look for, then walk to find them!
- **Have a dance party** – Dancing is a fun way to exercise and something that kids and parents can do together.
- **Household exercise Olympics** – Everyone in the family can participate in “events” like raking leaves, weeding the garden, washing the windows – all great exercise!
- **Play tag.**
- **Jump rope.**
- **Ride a bicycle or tricycle** (and be sure to wear your helmet!).
- Adults should engage in at least 30 minutes of moderate physical activity every day; children should do 60 minutes a day.
- **Parents should be active with their children** – it’s more fun to all do it together!



Want more information on eating healthier and being more active?
Check out these Web sites:

www.kidnetic.com – For tweens age 9 to 12 and their parents. Talks about food, fitness, feelings and fun.

www.kidfood.org – Includes a Kids Only club with nutrition games and activities and a Parent’s Corner offering advice for the home.

www.5aday.gov – Why it’s important to increase your consumption of fruits and vegetables for five a day.

www.keepkidshealthy.com – Gives current articles on health topics for parents and free age-appropriate newsletters for kids.

www.webmd.com – Useful for parents and teachers. Click on “Weight Control Center” for information related to overweight and obesity.

