

News Notes to Parents

April 2023

Tips for Being More Active

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day.

1. **Make time**

Find time in the week when the whole family is around and spend it being active. Try doing something physical after dinner or begin the weekend with a Saturday morning walk.



2. **Plan ahead and track your progress**

Write your physical activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3. **Include work around the house**

Have the kids help with yard work and other active chores around the house. Have them help you with raking, weeding, planting or vacuuming.

4. **Use what's available**

Plan things that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag and dancing. Find out what programs your community recreation center might offer for free or for a minimal charge.

5. **Plan for all weather conditions**

Try things that don't depend on the weather conditions. Think mall walking, indoor swimming or active video games. And whenever the weather is nice, get outside!

6. **Turn off the TV**

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV and using the computer (except for school work). Instead of a TV show, play a family game, dance to favorite music or go for a walk.

7. **Start small**

Begin by starting one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game or go to an additional exercise class.

8. **Include other families**

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while exercising. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA or join a recreational club.

9. **Treat the family with fun physical activity**

When it's time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park or lake to treat the family.



Source: eatgathergo.org

Stress Awareness Month: 6 Signs Your Child is Stressed

As adults, we're bound to feel stressed out from time to time. After all, bills have to be paid, work has to get done and food has to be put on the table. However, it's easy to miss the fact that our kids can sometimes get stressed out, too. Homework, extracurricular activities, and conflicts with peers can all take a toll on your little ones. And chronic stress can have negative effects on our kids – especially since they often don't have the tools to cope. Therefore, in honor of Stress Awareness Month, here are six signs and symptoms your kid might be stressed:

1. Withdrawn Behavior
2. Unexplained Aches and Pains
3. Sleeplessness (or Sleeping More)
4. Loss of Appetite or Overeating

5. Irritability
6. They Tell You

If you notice any of these signs of stress, don't panic. There are ways to help equip your kids with the tools they need to not only deal with the stress they have now, but also throughout their entire lives. Following these tips to help your child deal with stress.

1. Talk About It
2. Provide Effective Strategies
3. Handle Stress Yourself by Modeling
4. Visit the Doc

To read full article go to: <https://www.familyeducation.com/kids/health/mental/stress-awareness-month-6-signs-your-child-stressed>

Quick Toaster-Oven Pizza

Ingredients

- 1 8-inch whole-wheat tortilla
- 1 t plus 1 T extra-virgin olive oil, divided
- 5 thin slices tomato
- 3 thin slices red onion
- 3 T shredded mozzarella cheese
- 1 T chopped fresh basil or 1 t dried
- 2 t balsamic vinegar
- 2 c packed mixed salad greens

Directions

Before you begin: Wash your hands.

Step 1

Lay tortilla on a foil-lined toaster-oven pan. Brush 1 t oil over the tortilla. Top with tomato, onion and mozzarella. Toast until the cheese is melted and the tortilla is starting to crisp, 7 to 9 minutes. Remove from the oven and top with basil. Cut into wedges

Step 2

Drizzle the remaining 1 T oil and vinegar over the greens and serve with the pizza.



Nutrition

Information

Serving Size : 1 pizza & 2 cups salad

Per Serving: Calories 424; Protein 11.5g; Carbohydrates 36g; Dietary Fiber 5.8g; Sugars 8.7g; Fat 25.8g; Saturated Fat 5.9g; Cholesterol 16.6mg; vitamin a iu 3897.9IU; Vitamin C 30.5mg; Folate 146.8mcg; Calcium 287.6mg; Iron 3.4mg; Magnesium 44.5mg; Potassium 601.4mg; Sodium 507mg; Thiamin 0.1mg

Exchanges: 4 fat, 2 vegetable, 1 1/2 starch, 1/2 medium-fat protein

Source: [eating well.com](http://eatingwell.com)

If you have comments or questions, contact:

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