

PARTNERING IN  
COMMUNITIES  
PARTNERS

Iowa State University  
Extension

Community! Youth  
Concepts

John R. Grubb YMCA

Children & Families  
Urban Ministries

Employee & Family  
Resources

Making Connections

PROVEN  
PARENTING  
PRACTICES

Good nutrition helps  
kids learn

Physical activity helps  
kids learn

Sleep helps kids learn

Routines at home help  
kids learn

Learning at home  
helps kids learn at  
school

Setting limits with  
love helps kids learn  
at school

Community programs  
help kids learn at  
school

# Dare to Excel: Good Activity

JANUARY 2011

DES MOINES COMMUNITY

## Role Modeling Toward a Healthy Lifestyle for Kids

Families are very busy, and it can be hard for them to fit physical activity into their routines, especially when the weather turns colder. Since parents are children's number one role model, it is important for parents to set a good example. Children look to parents for guidance about how they are supposed to act.

Parents' influence can have both short term and long lasting effects on children's activity levels. Their behavior can either inhibit or promote their children's physical activity level. It is recommended that children get at least one hour or more of physical activity each day.



Children learn best by watching what their parents do.



### Tips for parents to help them promote healthy lifestyle goals for their children:

- Parents can work with their children to plan a recreational activity the entire family can enjoy.
- Parents should encourage their children to try different types of activities, games and/or sports, finding one they enjoy.
- Parents need to remind children that the most important thing in any activity they choose to do is to have fun!

Role modeling healthy behaviors and making small changes in physical activity each day can make a big difference in a child's life.

## Resources and Information



**Des Moines Mixed Martial Arts** located at 617 Euclid Ave. Call (515) 371-4170 to find out how you and your family can sign up for classes. **Breeze Family Tae-Kwan-Do** located at 3612 2<sup>nd</sup> Ave. Call (515) 282-2040 to find to sign up and get your family involved.



**The Des Moines Park and Recreational Department** not only work to beautify local parks but they also offer a wide variety of things to do. Visit them at their website at <http://www.dmgov.org> to find fun activities for you and your family.



**Brenton Skating Plaza** is open for public skating. **Located:** Outdoors at 520 Robert D Ray Drive in downtown Des Moines. **Hours:** 7 days a week November through March; hours vary. **Costs:** M-F before 8pm is \$3.50 for Adults and \$2.50 for Children (age 6-12) and Seniors. F after 8pm, Sat., Sun. and holidays are \$5 for Adults, \$4 for Children (age 6-12) and Seniors. All children under 5 are free. Call (515) 284-1000 or visit their website at [www.brentonplaza.com](http://www.brentonplaza.com) for more information.

## Activity Ideas for Winter Months



It can be hard to find fun things to stay active during the winter. Here are some ideas.

- **Go** on a family trip to the library and check out books to read at home
- Kids can **help** prepare and fix the evening meal
- Kids can **help** clean house. Cleaning is a great form of indoor exercise, and it can be a fun way of getting things done
- **Cut** out pictures from old magazines, and make a collage by gluing them to paper
- **Go** to the local gym and play
- **Go** ice skating.
- **Kids** can help parents shovel snow
- **Build** a snow fort.
- **Go** mall walking
- **Go** play in the snow with your family
- **Go** walk the sky walk in downtown Des Moines
- **Look** through old photo albums together
- **Throw** on your child's favorite CD and dance for fun
- **Go** sledding (weather permitting)



## How Childhood Obesity Impacts Learning

### Research Shows:

- Childhood obesity has gone up about 13% over the past 30 years. This has caused great alarm for parents and doctors. Obesity is linked to poor health conditions such as diabetes, high blood pressure and other diseases. It poses a greater risk for joint, bone and sleep problems.
- Children who are overweight can experience isolation, impaired peer relationships and lower self-esteem which can negatively effect a child's ability to learn.

### What Parents Can Do:

- Offer more fruits, vegetables and whole grain foods.
- Put into action a regular exercise routine. Those who are physically active can lower the risk factors and help their children's self control, imagination, ability to relate to other people. This all improves academic success!

## Measure Your Children's Success

**Answer a quick 10 question on-line survey from the American Dietetic Association to see if your child is set up for success.**

1. Does my child eat breakfast regularly?
2. Does my family eat out a lot?
3. Does my family use prepackaged foods frequently?
4. Does my child drink soda pop?
5. Do I know what kind and how many snacks my child is eating each day?
6. How many hours a day is my child watching TV or playing on the computer?
7. Do I know what my child is watching on TV or playing on the computer?
8. Does my family do any type of physical activities together?
9. Does my child participate in sports or physical activities with a coach or leader?
10. Does my child have a daily routine or schedule that they follow?

**Go to: <http://adaf.eatright-fnppa.org/public/partner.cfm> to find out how you scored!!**



Learning can be fun when children have the tools to succeed.



### For More Information:

Marc Peterson  
(515) 957-5780  
marc@iastate.edu

IOWA STATE UNIVERSITY  
University Extension



Iowa State University Extension programs are available to all without regard to race, color, national origin, religion, sex, age, or disability.

Content developed by Sarah Bickelhaupt, ISU Human Development & Family Studies and Marc Peterson, 4-H Youth Development