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# Family Play Center

## Kids on the Run

**Get your child to burn calories, boost strength--and still look forward to the next workout.**

by Sarí N. Harrar  
Adult workout goals--going faster, farther, and longer--are deal breakers for children, in part because their muscles fatigue faster, says Melinda S. Sothorn, PhD, an exercise expert at Louisiana State University Health Sciences Center and coauthor of *Trim Kids*.

"Rather than getting them into 'the zone,' prolonged exercise can lead to pain and injury."

Until age 12 or 13, your son or daughter needs a routine that's more like play and less like exercise. Here's how to get your child to burn calories, build endurance, boost strength--and look forward to the next workout.

**Keep it Fun**  
**Use the buddy system**

**Speed up, slow down**  
**Invest in shoes**  
**Set no-pressure goals**  
**Encourage the racer**  
**Nurture the non-racer**



What is grey, blue & big all over? An elephant holding his breath!!!

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## Family Play Center

Keeping Families Healthy

May & June 2006

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### Hours

*Tuesdays*

Watkins Glen Elm School

9AM—12 Noon

*Thursdays*

Montour Falls

Rural Urban Center

9AM—12 Noon

## Care Giver Corner...Be a Model

**When you eat right, move more, and enjoy life to the fullest, so do your kids.**

by Alisa Bauman

Many parents do a great job when it comes to the essentials of parenthood. They make boo-boos better with kisses, keep nighttime's scary monsters at bay, and cheer on

their children's sporting and academic accomplishments. But to raise truly healthy and happy children, you must do more.

For optimal health, children must eat a diet low in sugar and high in fiber, fruits, and vegetables. For fitness and weight control, they need to exercise. For mental well-being,

they must learn how to handle stress and accept their bodies. Modeling those positive habits for your children will get you halfway there. To finish the job, follow these pointers.

Instill healthy body image. Get them moving. Help them relax. Hold the sugar.

## Pizza Anyone? Fundraiser

Bring your family and friends to Pizza Hut on Tuesday, June 6 from 4pm—8pm and help us make mula (\$\$) for area-wide Pre School Family fun.

We have a special coupon for you. Simply call Mendy at 535-6016 or Joanne at 535-6236. Or pick up a coupon at either Family Play