

9-12 year olds

Week 1

This week in Youth Fit 4 Life, we talked about the importance of being physically active and eating healthy. We also reviewed short- and long-term goals and how goal setting creates “internal competition.”

Be Healthy

We should be active for at least 60 minutes a day and participate in aerobic activities (activities we do for an extended amount of time that make us short of breath, i.e. going on a run), as well as activities that increase our strength and flexibility.

Your child also learned to make a balanced plate to get the nutrients we need to be healthy. To make a balanced plate for your family, split the plate down the middle- half of it should feature fruits and vegetables and the other half grains and protein. Don't worry so much about counting calories for focusing on a certain type of food- a balanced plate will help guide you to healthy eating every day.

Put It Into Practice:

Your child did a cardio circuit this week at Youth Fit 4 Life which included wall push-ups, jumping jacks, standing mountain climbers and running in place. Ask your child to teach you each movement then have your entire family perform the movement together for 30 seconds, then switch to the next movement. Repeat the circuit a couple of times.

Goal Setting

This week, your child also learned that our interests and priorities change over time, and that we need to continue to select new goals to keep up with these changes. Long-term goals take a year or longer to accomplish, short-term goals take a few days, weeks, or months to accomplish and help you accomplish your long-term goal. Your child chose a long-term goal to work on over the next 12 weeks. His goal may be related to improving his overall health and fitness, or an activity he wants to improve upon.

Put It Into Practice:

Think about some long-term and short-term goals you want to set for yourself or your family. Hold a family meeting to talk about a short-term goal you can work toward in the next month – like including more veggies and fruits at meals and snacks, drinking more water, or spending more time being active as a family. You are your child's best role model, and if he sees you setting and working toward goals, he will want to follow your lead.

Week 2

This week, your child learned about the circulatory system, they also learned how a deep breathing technique can help them relax and to overcome barriers such as stress. In addition, your child selected a short-term goal.

Circulatory System

This week your child learned that their muscle is a heart which pumps blood all throughout their body which carries oxygen and nutrients to the body and takes away waste the body needs to get rid of. The movement of blood through the heart and around the body is called circulation.

Just like all the other muscles in our body, it is important we keep our heart healthy and strong by be physically active (at least 60 minutes a day), eating a balanced plate, and drinking lots of water.

Put It Into Practice:

You are your child's best role model. If they see you being active, they will be active as well. Do something active as a family. As your family's leader, make it a part of the family routine to be active. Go to the park, play outside, ask your child to teach the family their favorite Youth Fit 4 Life game and play it together.

Deep Breathing and Short-Term Goals

Learning to relax and overcome a barrier such as stress helps you be more focused when working toward accomplishing a goal. When your child learns to manage anxiety and physical and mental stress, he experiences more self-confidence and better concentration.

This week your child practicing deep breathing in order to relax after a stimulating activity or de-stress before an event, performance or test. More oxygen helps us feel less tense, less short of breath, and less anxious.

This week your child also chose two short-term goals, one related to physical activity and one related to nutrition – both of which he can work on over the next month – to move him closer to achieving his long-term goal. For example:

- (Long-term goal): I want to have a healthy body.
 - (Short-term physical activity goal): I want to increase my strength so I can have a healthier body.
- AND
- (Short-term nutrition goal): I want to drink more water so I can have a healthier body.

Put It Into Practice:

Ask your child what his long-term goal is, and what short-term goal he chose to help get closer to the long-term goal. Make sure the short-term goal is attainable, and help him follow through on it.

You are your child's best role model. If he sees you setting and working toward your goals, he will want to follow your lead.

Ask your child to demonstrate deep breathing, and then practice it together and talk about how you feel afterwards.

SAMPLE