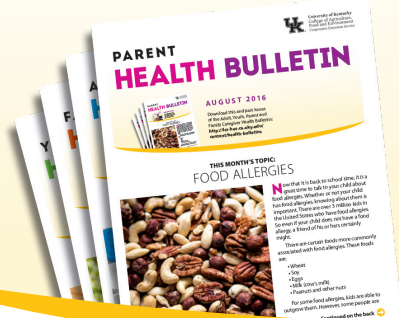


# PARENT HEALTH BULLETIN



**JULY 2018**

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC:

# NATIONAL YOUTH SPORTS WEEK



**T**he week of July 16-22 (2018) is National Youth Sports Week. This is a week to highlight how sports promote healthy lifestyle choices for children and their families. You can show your support for your child's health by focusing on P.L.A.Y.S. — **P**hysical Activity, **L**iving Healthy, **A**ccess, **Y**outh Development and **S**afety. To further advance the positive impact of sports on your children, you can encourage them to join a youth sports organization.

### Physical activity

Physical activity simply means movement of the body that requires energy.

**Continued on the back** 



# Regular participation in sports can help prevent obesity, chronic diseases and other health problems later in life.

## ➔ Continued from page 1

It's recommended that youth get at least one hour of physical activity on most — preferably all — days of the week. Be positive about the physical activities your child participates in and encourage them to be interested in new activities.

### Living healthy

Participating in team and individual sports can boost self-confidence, provide chances for social interaction and offer a chance to have fun. Regular participation in sports can improve health factors and help prevent obesity, chronic diseases and other health problems later in life.

### Access

Make physical activity part of your family's daily routine by taking family walks or playing active games together. If possible, take your family to places where they can be active, such as a public park or a community baseball or soccer field, or basketball court. You can even give your children toys that encourage physical activity.

### Youth development

Sports participation has a greater association with lower school dropout rates than any other activity. Adolescents who are physically active are more likely to like going to school, graduate from high school and have a higher GPA. Youth who frequently attend afterschool programs, like sports programs, have less substance abuse, less misconduct and are less aggressive than their peers who do.

### Safety

Always provide protective equipment, such as helmets, wrist pads and kneepads, and ensure that activity is age appropriate. Before your child starts playing on a sports team, speak with your doctor, especially if your child has complained of pain during sports and exercise. Youth who are overweight or very sedentary might need to start slowly and the doctor can recommend programs



or help you devise a fitness plan. If your child has a health condition or disability, they should not be excluded from sports participation. Talk to your doctor about modifications and ways for your family to maintain a healthy lifestyle.

You can help your child participate in sports by being a positive role model and being active regularly. For fitness activities you can enjoy together, try riding bikes, playing tennis, going to a local swimming pool or even playing games like capture the flag and touch football. Not only are you working on creating healthy lifestyle choices together, but you are also spending quality time with your child.

#### RESOURCES:

- <http://www.ncys.org/advocacy/national-sports-week.php>
- <https://kidshealth.org/en/parents/fitness-13-18.html?ref=search&WT.ac=msh-p-dtop-en-search-clk#catfit>
- <https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>
- Rosewater, A. (2009). Learning to play and playing to learn: Organized sports and educational outcomes. Prepared for Team Up for Youth: Oakland, CA.
- Barber, B.L., Stone, M.R., & Eccles, J. (2003). Adolescent Participation in Organized Activities. Washington, DC: ChildTrends.
- Van Mechelen, W., Twisk, J., & Kemper, H. (2002). The Relationship Between Physical Activity and Physical Fitness in Youth and Cardiovascular Health Later on in Life. International Journal of Sports Medicine, 23, S1-S50.
- Reisner, E., Vandell, D.L., Pechman, E.M., Pierce, K.M., Brown, B.B., & Bolt, D. (2007). Charting the benefits of high quality after-school program experiences. Policy Studies Associates, Inc.: Washington DC.

PARENT  
**HEALTH BULLETIN**

Written by: Natalie Jones  
Edited by: Connee Wheeler  
Designed by: Rusty Manseau  
Stock images: 123RF.com

