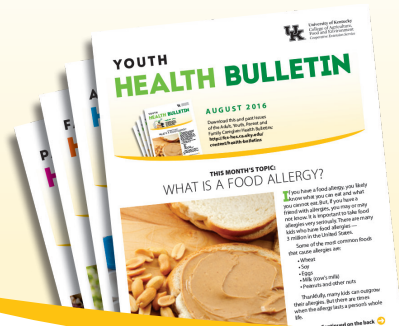




YOUTH HEALTH BULLETIN



FEBRUARY 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:

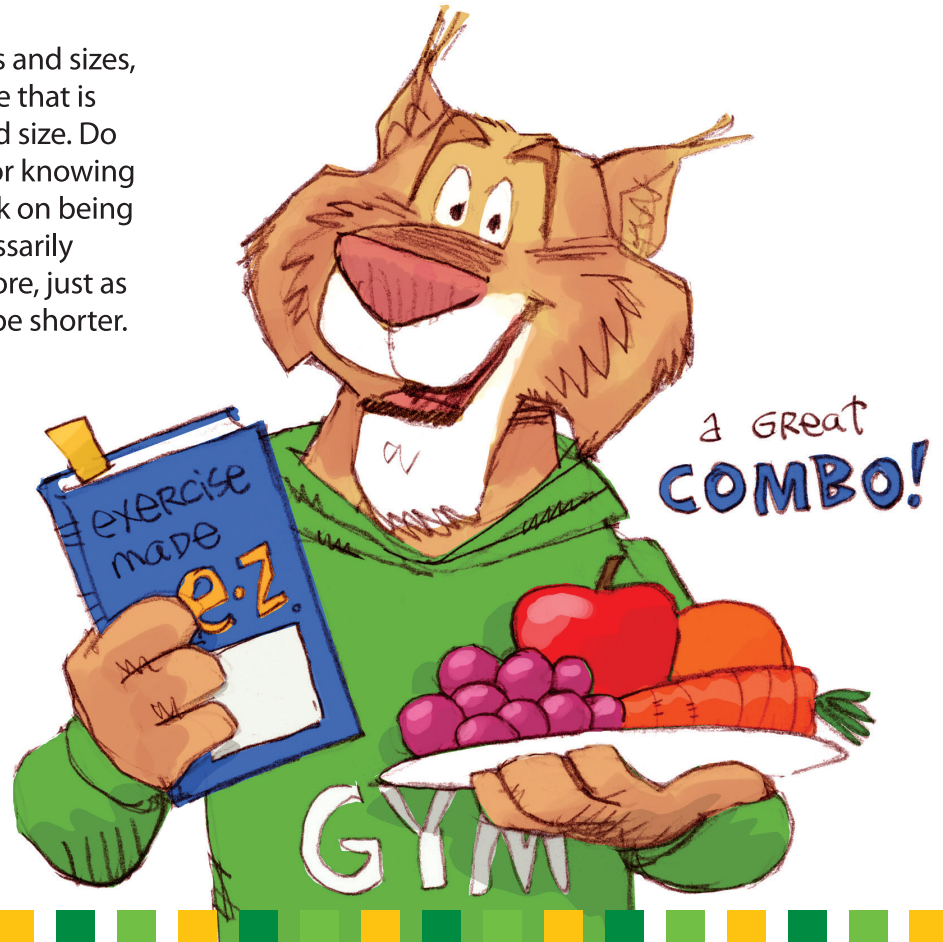
BODY WEIGHT AND ME

People come in all different shapes and sizes, and the best weight for you is one that is right for your individual body type and size. Do not worry about comparing yourself or knowing what your friends weigh. Instead, work on being the right weight for you. It is not necessarily "good" to be thin or "bad" to weigh more, just as it is not "good" to be taller or "bad" to be shorter.

A healthy weight

How much you weigh is a balance between the calories you eat and the calories you use. If you eat right and exercise, you will be at a healthy weight for your body.

Continued on the back →



Get out and play every day for strong muscles, strong bones and a healthy heart. Make exercise fun by choosing activities you like.

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Fuel your body with the right amount of foods that are good for you. For you to grow up healthy, you want to eat healthy foods from the major food groups:

- Fruit
- Vegetables
- Grains (make half of your grains whole grains)
- Protein (meat, poultry, fish, eggs, dry beans, nuts and seeds)
- Dairy products (low-fat or fat-free milk, cheese and yogurt)

Get out and play every day for strong muscles, strong bones and a healthy heart. Make exercise fun by choosing activities you like. Some examples include:

- Basketball
- Volleyball
- Skating
- Dancing
- Yard work
- Running
- Swimming
- Walking the dog
- Hopscotch
- Gardening with a parent



What if I do not think my weight is the right weight?

First, talk to your mom or dad, who might be able to talk to you about healthy eating and exercise. You can also talk with your doctor about your body mass index (BMI). That is a way of using your height and weight to estimate how much body fat you have, but remember that BMI is not always the only measure of a healthy weight.

RESOURCES:

Kids Health. <http://kidshealth.org/en/kids/fat-thin.html?ref=search&WT.ac=msh-k-dtop-en-search-ck>



Can you unscramble these words?

RTSIUF: _____

DAN: _____

VSEGIGE: _____

TTASE: _____

OGDO: _____

ANSWERS: FRUITS AND VEGGIES TASTE GOOD

YOUTH
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky School of Human
Environmental Sciences)

