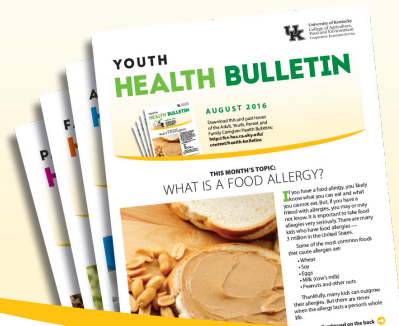




YOUTH

HEALTH BULLETIN



JULY 2018

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THIS MONTH'S TOPIC: SPORTS WEEK



It feels good to have a strong, healthy body that can do all the fun things you enjoy, such as playing with your friends. Playing sports can help you be the best version of yourself.

The week of July 16-22 (2018) is National Youth Sports Week.

To participate in this week, you can run around outside, have a water balloon fight with your family or play soccer at school with your friends. Any type of play, sports, dancing or even doing push-ups counts as participating in National Youth Sports Week. If you are active every day for 60 minutes, your body will thank you!

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➔ Continued from page 1

Benefits of playing sports

Why play sports? To have fun, of course! However, participating in sports also has many other benefits:

- gives you an advantage in the classroom because play helps improve your memory and concentration
- helps you learn communication skills, as well as how to be a team player
- helps you feel better about yourself
- helps you maintain a healthy body and make new friends
- helps cut down on the pressure you may be feeling in life and put you in a better mood

Sports to try

There are many different types of sports that you can play with your friends or individually. Remember, any type of movement is good for you — so be creative!

Many sports help keep your heart healthy. Here are some you might want to try:

- Swimming
- Hiking
- Skateboarding
- Rollerblading
- Soccer
- Basketball
- Karate
- Tennis
- Track



- Cross country
- Cycling
- Game of tag
- Dancing

Activities to try

Sports help you build strong bones and muscles. Here are some activities that will help you maintain strong bones and muscles:

- Monkey bars
- Volleyball
- Tug-of-war
- Running
- Jumping rope
- Hopscotch
- Wall climbing
- Bike riding
- Rowing
- Rope or tree climbing



Safety

Safety is very important when playing sports.

- Before going outside to play sports with friends, you should always ask permission and let an adult know where you are going.
- If you ever have pain during sports or while playing, make sure to tell an adult.
- Make sure to use the correct protective equipment when playing sports, such as a helmet when riding your bike or shin guards when playing soccer.

RESOURCES:

- <http://www.ncys.org/advocacy/national-sports-day.php>
- <https://www.cdc.gov/physicalactivity/basics/pa-health>
- <https://kidshealth.org/en/kids/5-sports.html?WT.ac=ctg#catfit>
- <https://kidshealth.org/en/kids/work-it-out.html?WT.ac=ctg#catfit>

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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)

