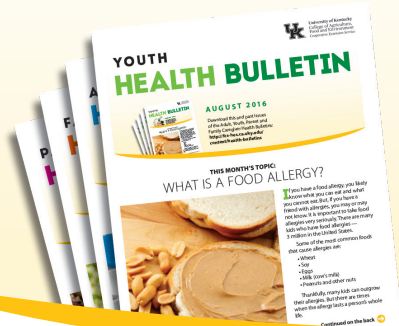


YOUTH HEALTH BULLETIN



MAY 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: LET'S PLAY!



Playing games is always fun! You can play games with friends or by yourself. May is National Physical Fitness and Sports Month and it is a great time to spread the word about the benefits of becoming active. Regular physical activity is good for everyone's health — people of all ages and all body types.

Being physically active can help you stay healthy! Just playing more can improve your muscular fitness, bone health and heart health.

Here are some ways to play and keep moving no matter what:

When you are by yourself

- Shoot hoops
- Hit a tennis ball or kick a soccer ball against a brick wall
- Jump rope
- Go skateboarding

Continued on the back



When it is hot outside, it is very important to remember to drink lots of water, even if you do not feel thirsty.

➔ Continued from page 1

- Juggle with a soccer ball
- Practice hopscotch
- See how long you can hop on one foot
- Do jumping jacks
- Use a hula hoop
- Do sprints (short running races) and time yourself to see how fast you go

When it's just you and a friend

- Play tennis or ping pong
- Create new cheers or dances together
- Have a foot race
- Have a handstand contest
- Jump rope together
- Ride bikes (wear your helmets)
- Practice pitching and hitting a baseball

When you are with a big group of friends

Lots of sports and games work well with a group.

- Play baseball
- Play softball
- Play basketball
- Play soccer



- Play volleyball.
- Play tag
- Play hide-and-seek
- Have a dance off
- Set up a scavenger hunt

Playing in the summer

When you are playing and it is hot outside, it is very important to remember to drink lots of water, even if you do not feel thirsty.

- Grab a parent and go to the pool
- Have a balloon toss
- Take a nature walk on a shady trail
- Wash your dog outside
- Wash your parents' or neighbor's car
- Turn on the sprinkler and cool off

REFERENCES:

- <https://www.acefitness.org/education-and-resources/professional/expert-articles/6121/3-ways-to-get-kids-excited-about-exercise>
- <https://www.aspenprojectplay.org/the-facts>
- <http://kidshealth.org/en/kids/what-time.html?ref=search&WT.ac=msh-p-dtop-en-search-clk>



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)

