

# Healthy Tips

It's not hard to stay healthy. You don't have to lift 500 Kilo weights for one hour everyday. Here are some tips on the subject...

## Nutrition

You should eat healthy. Having a soda and chips for every meal is not what I mean. You need to eat a balanced diet. That means you need foods from different food groups each day. Look in this chart to see what is good to eat every day.

FOOD GROUP	SERVINGS
Grains 	6-11
Vegetables 	3-5
Fruits 	2-4
Dairy 	2-3
Meats 	2-3
Sugars 	Use as infrequently as possible

## Exercise

The best thing for us kids to do is to do a little stretching every morning, play outside when we can, and a bike ride on the weekends can't hurt either. Your heart is a muscle, and believe it or not, it is your strongest one. But you can make it stronger. It can't lift weights so you have to do aerobic (air-oh-bick) exercises to make it stronger. You know when you do aerobic exercise because you usually work up a sweat.

It's a good idea for us kids to do aerobic exercises 2 or 3 times a week for 20 to 30 minutes at a time. Some well-known aerobic exercises are: swimming, basketball, hockey, jogging, rowing, dancing, skipping, jump rope, and even hopscotch.

Exercise also helps make your bones stronger! Your bones get stronger by becoming denser. If you don't exercise, your bones lessen in density and become weaker.

## Sleep

Think of your body as a big machine working all day long. After a hard day, your "body machine" needs to recharge. Sleep is the recharge time. Unlike any machine, your body never turns completely off. The brain is still sending messages and screening out unimportant noises so you don't wake up at every cricket. Your heart is still beating too. It's things like these that work 24/7.

Sleep is important to recharge your body and it's also important for your brain. No one is sure what the brain does when you're asleep, but some scientists think that sleep is the time when the brain sorts through and stores information, solves problems, and replaces chemicals.

If you're between the ages of 5 and 12, you need about 8 to 10 hours of sleep each night. But it's different for everybody. Some kids might need more sleep and some might need less.

Here are some great tips to help you catch your ZZZ's:

- Try to go to bed at the same time each night.
- No sodas with caffeine or hot chocolate after dinner. No pre bed TV. shows or movies.
- Playing a sport after dinner helps, but if you play to close to bedtime it won't.
- Ahhh-- a warm bath really helps to relax you if you can't fall asleep or read.

