

HEALTHY HEART & SPORTS

GOOD DRUGS & BAD DRUGS



Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Some parts of this is up to parents — such as serving healthy meals or deciding to take the family on a nature hike. But you can take charge too when it comes to your health.

Here are five rules to live by, if you're a kid who wants to be heart healthy. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

HEALTHY HEART

1. Eat a Variety of Foods



You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least five servings of fruits and vegetables a day — two fruits and three vegetables. That's sounds pretty easy, right?

Here's one combination that might work for you:

- at breakfast: $\frac{1}{2}$ cup (about 4 large) strawberries on your cereal
- with lunch: 6 baby carrots
- for a snack: an apple
- with dinner: $\frac{1}{2}$ cup broccoli (about 2 big spears) and 1 cup of salad

2. Drink Water & Milk



When you're really thirsty, cool water **NOT** super cold water, is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. You need calcium to build strong bones, and milk is a great source of this mineral. Do you know how much do you need? If you are 4 to 8 years old, drink $2\frac{1}{2}$ cups of milk a day, or its equivalent. If you're 9 or older, aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods.

Here's one combination:

- 2 cups (about half a liter) of low-fat or nonfat milk
- 1 slice cheddar cheese
- $\frac{1}{2}$ cup (small container) of yogurt

If you want something other than milk or water once in a while, it's OK to have 100% juice. But try to limit juice to no more than 1 serving (6 to 8 ounces) a day. Avoid sugary drinks, like sodas, juice cocktails, and fruit punches. **They contain a lot of added sugar. Sugar just adds calories, not important nutrients.**

3. Listen to Your Body



What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and can lead to unhealthy weight gain. As you become full,

the empty feeling will be replaced with a gentle pressure. As soon as you feel the pressure in your stomach, stop eating. You should still feel light and energetic with this gentle pressure; if the fullness is uncomfortable, you overate. Relax in front of your plate for several minutes to decide if you are still hungry.

4. Limit Screen Time



What's screen time? It's the amount of time you spend watching TV or DVDs, playing video games (console systems or handheld games), and using a smart phone, tablet, or computer. The more time you spend on these sitting-down activities, the less time you have for active stuff, like basketball, bike riding,

and swimming. Try to spend no more than 2 hours a day on screen time, not counting computer use related to school and educational activities.

5. Be Active



One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can use it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance, they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a healthy kid, why shouldn't you have a healthy mom and a healthy dad?

SPORTS

Participation in sports offers a great deal of social, emotional and physical benefits for you. We all know that one of the worst things is being on the sidelines because of an injury. But there are simple things you can do to help reduce preventable injuries - so you can continue playing the games you love.

Warm Up and Stretch Before Games and Practices



- You should always make time before every practice and game to warm up properly.
 - Stretching before practice and games can release muscle tension and help prevent sports-related injuries.
- Start with about 10 minutes of jogging or any light activity, and then stretch all major muscle groups, holding for 20 to 30 seconds.

Remember to Hydrate



- Learn the signs and symptoms of dehydration and other forms of heat illness.
- Always bring with you- to practice and games- a water bottle to stay well-hydrated before, during and after play.
- Try to drink fluids 30 minutes before activities begin and every 15-20 minutes during activities.
- Encourage your coach to establish mandatory water breaks throughout practice and games

Wear Appropriate Sports Gear



- Always use appropriate and properly-fitted sports gear to prevent or reduce the severity of injuries.
 - This includes helmets, shin guards, mouth guards, ankle braces, shoes with rubber cleats and sunscreen

DRUGS LEGAL DRUGS

Drugs are chemicals that change the way a person's body works. You've probably heard that some drugs are good and some drugs are bad. But what does that mean and why are some good and some bad? If you look below you can find some of the reasons.

Medicines Are Legal Drugs



Things like cold medicine, ointments for scrapes or cuts, and even cough drops are medicines. If you've ever been sick and had to take medicine, you already know about one kind of drug. Medicines are legal drugs, meaning doctors are allowed to prescribe them for patients, stores can sell

them, and people are allowed to buy them. You also may have heard some medicines called "Over The Counter" medicines or "OTC" for short. However, it's not legal, or safe, for you to use these medicines in any way they are not meant to be used or to buy them from people who are selling them illegally.

Cigarettes, Alcohol, and Marijuana



Cigarettes and alcohol are two other kinds of legal drugs. (In the United States it is illegal to purchase or sell tobacco and alcohol to persons under the age of 21). But smoking and excessive

drinking are not healthy for adults and are off limits for kids. Marijuana is generally an illegal drug, but some states allow doctors to prescribe it to people for certain illnesses.

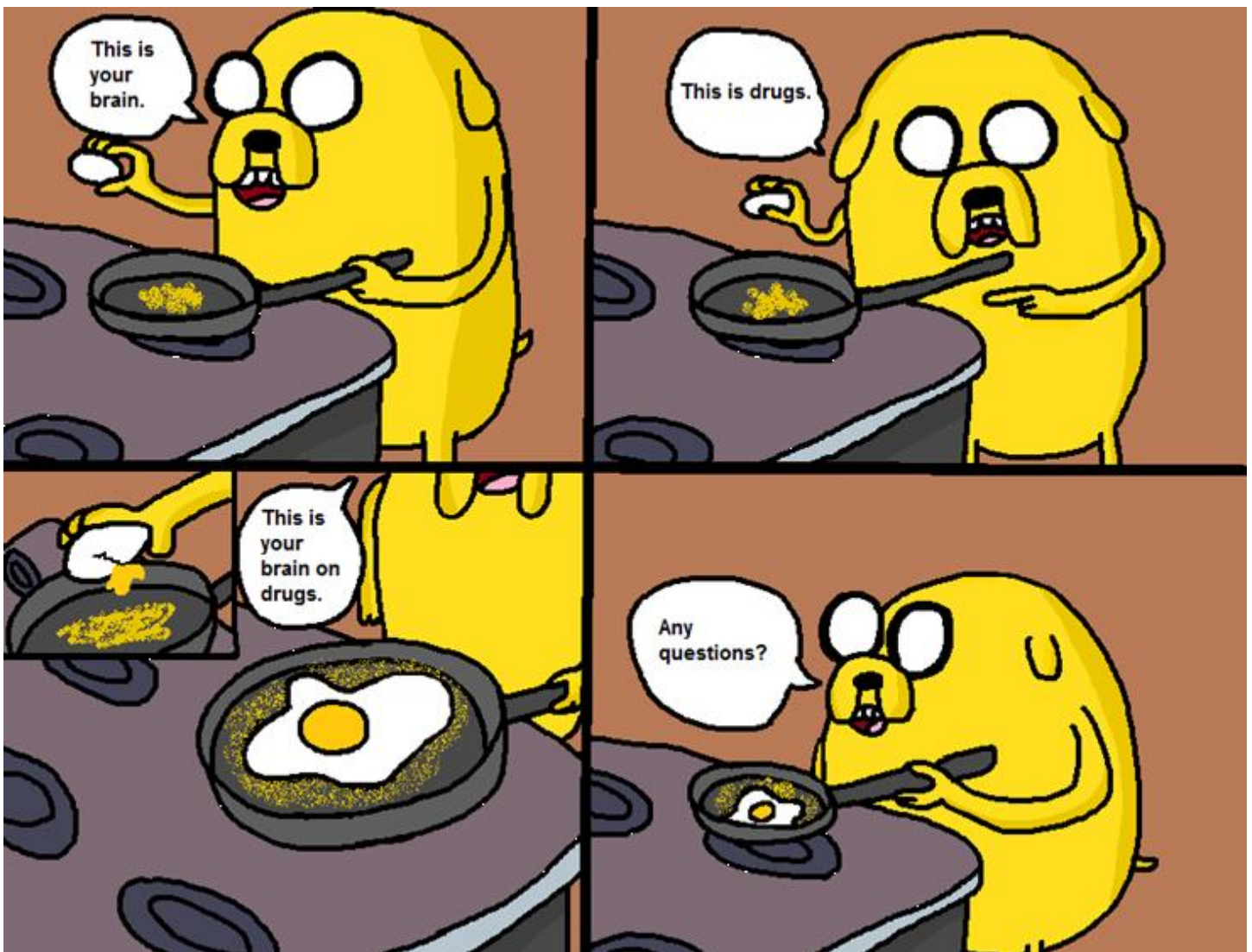
Illegal Drugs

When people talk about a "drug problem," they usually mean abusing legal drugs or using illegal drugs, such as marijuana, ecstasy, cocaine, LSD, crystal meth, and heroin to get "high."

Why Are Illegal Drugs Dangerous?

Illegal drugs aren't good for anyone, but they are particularly bad for a kid or teen whose body is still growing. Illegal drugs can damage the brain, heart, and other important organs. Cocaine, for instance, can cause a heart attack — even in a kid or teen.

While using drugs, a person's abilities to function in school, sports, and other activities is affected greatly. It's often harder to think clearly and make good decisions. When using drugs people can do dumb or dangerous things that could hurt them — or other people.



On the next page you will find a very fun and easy experiment that will show you the affects/effects of smoking on the lungs.

The Lung Affect

Materials Needed for Lung Science Experiment:

Duct Tape

2 Straws

1 Liter Clear Plastic Bottle

4 Balloons

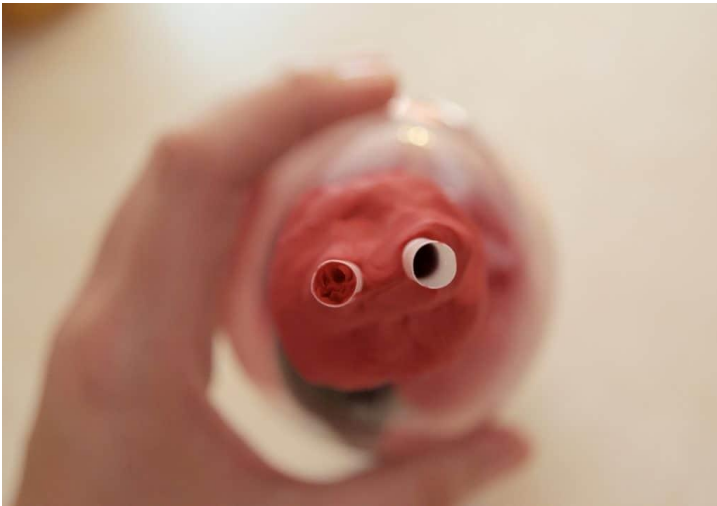
Lung Science Experiment Directions:

To set up our lung experiment we carefully cut the bottom off our clear plastic bottle. For the healthy “lung” we taped one balloon end tightly around a straw so there were no air leaks. For the “lung” affected by smoking you will actually need to put a balloon inside of another balloon and then duct tape it to a straw.

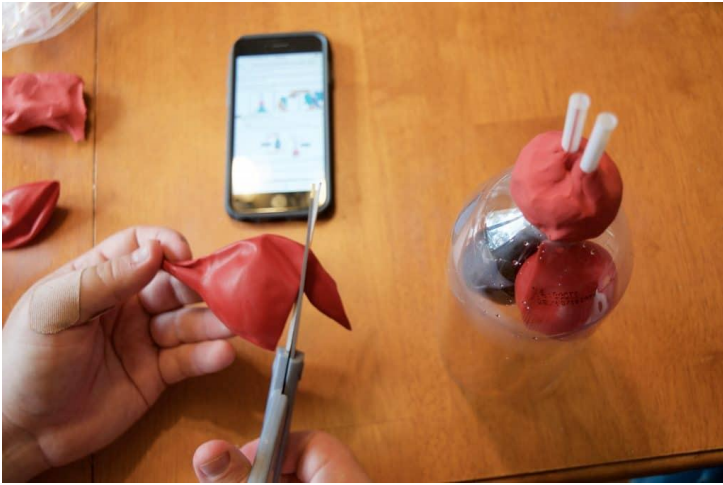


This represents how smoking damages the elasticity of the alveoli tissue.

Once you have inserted the two straws with attached “lungs” into the bottle opening you will need to take a small lump of clay and connect/seal the straws to the bottle opening. Make sure to seal them tightly so there are no air holes. To further help the visual affect of an unhealthy lung you will also need to push some clay down inside the straw of the unhealthy “lung” to mimic the blockage that smoking can cause.



The last step in preparing your lung science experiment is to cut the bottom off a balloon, tie it off, and wrap the cut end around the bottom opening of your clear bottle.



We had several balloons break due to the sharp plastic edges of the bottle so if this occurs you can simply add a layer of duct tape around the bottle to cover the sharp edges and then wrap your balloon around the bottom opening of the bottle. Once your balloon is set in place add one final layer of duct tape around the edges to help hold the balloon in place.



When you tug on the bottom balloon piece you will immediately notice that the suction created inside the bottle will help the healthy "lung" to inflate more easily than the damaged "lung," which struggles to inflate properly

