Valdez Parks & Recreation

HEALTHIER YOU

WEEK 9: Families That Play Together, Stay Together

Sponsored Activity:

Basic Yoga:
w/ instructor Michelle Worby

Saturday, April 2nd
10a.m.—11a.m.
PWSC Health & Fitness Center

Basic Yoga is a blend of many yoga styles. This class will cover standing and seated poses, inversions with variations for students of all levels. This is a wonderful place to start as a newcomer to yoga.
The class is free for HY participants, regardless of Health & Fitness Center Membership. Non-members must sign a Membership Agreement form before attending class, and minors must be accompanied by a parent or guardian.

EARN 4 POINTS!

Weekly Challenge:

Find a 30-60 min. physical activity to do with family, friends, or Healthier You Team

Weekly Challenge points are awarded once per week.

EARN 5 POINTS!

Sound Wellness ALLIANCE NETWORK

PROVIDENCE Valdez Medical Center

PWSCC PRINCE WILLIAM SOUND COMMUNITY COLLEGE

WEEK 9 — *continued…*

The Family That Plays Together…

From the infectious fun of side-splitting laughter to the exuberance of an impromptu pillow fight, infusing a spirit of joy and playfulness into your home nurtures your family like little else.

Playing together is an almost magical way to build connection. It's one of the fastest ways to heal bad moods. It brings the family into sync. It creates a happy feeling in your home. Given how hard life can be at times, we need to seize all the joy, silliness, fun and humor we can get.

Research shows that humor is an invaluable part of smoothing over the rough spots of life, from royal goofs on our part to simple bad luck. Couples who can use affectionate humor to deflate anger have happier relationships. And children whose parents use silliness to keep the day flowing smoothly are lucky indeed.

Some parents say that unless they make instructions to their younger kids into a game, their children are so engrossed in play that they don't even notice them.

Create fun traditions for your family to enjoy and look forward to. Not all rituals need to be serious or spiritually joyous, some of the best are silly. But don't wait for special times; any part of daily life can be made into a game.

Use funny voices. Trade roles at the dinner table so that each family member acts as someone else (kids' portrayals of adults can be hilarious). Have a race to get dressed and in bed for story time. Compete at making baskets with the dirty laundry while doing household cleanup together. Write funny song lyrics in the car. Gentle physical rough housing with some kids as they wake up in the morning can put everyone in a good mood for the day.

Engaging in physical activity as a family can be a fun way to get everyone moving. Studies show that kids who believe they are competent and have the skills to be physically active are more likely to be active. And those who feel supported by friends and families to become active, or surrounded by others interested in physical activity, are more likely to participate.

Children need 60 minutes of play with moderate to vigorous activity every day, but it doesn't have to occur at once. It all adds up! And remember, sleep is just as important and is an essential part of living an active life. A recent study found that with each extra hour of sleep, the risk of a child being overweight or obese dropped by nine percent.

Here are a few activities and steps that you and your family can consider to get started on a path to a healthier lifestyle:

- Encourage children to join a sports team or try a new physical activity.
- Limit TV time and keep the TV out of a child's bedroom.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule: no sitting still during television commercials.
- Find time to spend together doing a fun activity: family park day, swim day or bike day.
- Volunteer to help with afterschool physical activity programs or sports teams.

Be sure that children get the sleep they need. Most children under age five need to sleep for 11 hours or more per day, children age five to 10 need 10 hours of sleep or more per day, and children over age 10 need at least nine hours per day.