Early Childhood WELLNESS
A Program of Child Care Aware® of Kansas

National Physical Fitness and Sports Month

May 2018

Ten Ways to Appreciate Child Care Providers
1. “Thanks for giving our child a hand” tag with hand lotion.
2. “Thanks a ‘latte’!” tag with a gift card from the local coffee shop, special coffees or a travel mug.
3. “You are ‘souper’!” soup mix, custom decorated soup bowls or homemade soup.
4. “Thank you for holding everything together” tags with fun paper clips.
5. “Just a note to say you’re special” custom note pads, purchased notepads or colorful post it notes.
6. “You are the apple of our eye” with a basket of apples (construction paper leaves with an added note of appreciation are a nice touch).
7. “You are ‘tea’rrific!” tag with a selection of teas.
8. “Thank you for helping me grow” tag with flower seeds or a plant.
9. “You have been just ‘write’ this year!” package of nice pencils or pens in a case or container.
10. “Thank you for making our students bright!” attached to bright highlighters.

Source: www.skiptomylou.org

Walk for Health

Spring temperatures have finally arrived in Kansas! For some, that could mean a new commitment to an exercise routine. Regular cardio activity should be a part of any healthy lifestyle. When you do moderate to vigorous activities, it strengthens your heart muscle. According to research published in the Journal of the American College of Cardiology, a brisk walk or slow jog for 30 minutes, three to four times per week can lower your risk of heart disease by 25%.

Prevention magazine recently posted the results you can achieve by walking 30 minutes a day most days of the week:

- Your mood will improve. Walking outdoors is a double win—you benefit from sunlight and get your Vitamin D.
- Your creative juices will start flowing. Next time you feel stuck at work or trying to find a solution to a tricky problem, try taking a walk; it sparks creativity!
- Your pants will get a little looser. Even if the numbers on the scale aren’t moving, your clothes will fit better as the result of losing belly fat.
- You will reduce the risk of chronic disease. The American Diabetes Association says walking lowers your blood sugar levels and your overall risk for diabetes. It can also lower your chance of stroke and cardiovascular disease.

- You will keep your legs in great shape. As we age, the risk of varicose veins increases. However, a regular walking routine can help prevent those enlarged veins from developing.
- You will start to get more “regular.” Routine walking can greatly improve gastric mobility. You also are utilizing your core and abdominal muscles.
- Your other goals will start to seem more achievable. Regular walking = regular routine. A regular routine is more likely to lead to new healthy behaviors.

Source: https://www.prevention.com/fitness/benefits-walking-every-day
Mix It Up, Eat a Salad a Day
Salads are easy to make in advance and are a quick and healthy on-the-go meal. A new trend is to layer your ingredients in a mason jar. Create 5 different jars and store in the refrigerator. Then grab and go as you are heading to work. Watch dressing and toppings that include hidden sugars.

Here are simple toppings to help you experiment and create your favorite mixtures:

**Grains:** couscous, bulgur, quinoa, whole grain pasta

**Protein:** hard-boiled eggs, chicken, beef, pork, beans, chick peas, walnuts, pecans, sunflower seeds, almonds

**Veggies:** grape tomatoes, multi-colored bell peppers, cucumbers, kale, spinach, corn, peas, asparagus, carrots, summer squash, zucchini, broccoli, cauliflower, olives, pickles, beets

**Fruits:** Apples, strawberries, blackberries, blueberries

**Light dressing:** olive oil, vinegar, dash of lemon juice, and herbs of your choosing

New Name, Same Great Resource!
Have you been searching for the Let’s Move Child Care and instead landed at Healthy Kids, Healthy Futures? Let’s Move Child Care is now Healthy Kids, Healthy Future. It has a new name, but the resources and message are still the same! Check out the PDF here to learn more about how the program works, what the goals are and how to join!

Mr. Fox, Mr. Fox, What Time Is It?

**Game objective:** Walk past Mr. Fox without getting caught.

**Directions:**

- Pick someone to be the Fox. Everyone else should line up on the starting line.
- The Fox will stand about 20 feet away with her back turned. The rest of the players say, “What time is it Mrs. (or Mr.) Fox?”
- If Mrs. (or Mr.) Fox answers a time like, “It’s five o’clock” players take five steps forward. If she answers, “It’s one o’clock” players take one step forward, and so on. The players can take any size step they want.
- If Mrs. Fox says, “It’s time to eat you!” she turns around and chases the other players back to the starting line.
- If Mrs. Fox catches someone, she becomes the next Fox.

Source: Nemours Nutrition and Movement Activity Book

Healthy Eats

Easy Flag Dessert

**Ingredients:**

- 5-6 cups of red fresh fruit (cherries, strawberries and/or raspberries)
- 2 cups of blueberries
- 3 cups of yogurt- or white chocolate-covered pretzels

**Directions:**

1. Wash and dry fresh fruit.
2. Lay out fruit and pretzels to represent the flag stripes.
3. Place a small bowl of blueberries on the top left.

Source: http://www.familyfreshmeals.com/2015/05/easy-flag-fruit-dessert.html