



FYI Connections

A monthly newsletter for Tuscarawas County families.

January 2007

A community collaboration promoting wellness and fitness for children and families.

Vision

Community Environments that promote and support healthy lifestyles of children and their families.

Mission

To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:

- American Cancer Society
- American Red Cross
- Buehler's
- Claymont Schools
- Dover City Schools
- Dr. Timothy McKnight
- Harcatus Head Start
- Indian Valley Schools
- Kiwanis
- Nationwide Insurance
- New Philadelphia City Schools
- Norma Johnson Center
- Ohio State University Extension/4-H Super Fitness
- Strasburg Schools
- Tuscarawas-Carroll-Harrison Educational Service Center
- Tuscarawas County Dairy Farmers
- Tuscarawas County Health Department
- Twin City Hospital
- Union Hospital
- WIC
- YMCA

Sponsors:

- American Cancer Society
- Dairy Farmers of America
- Dover Lions
- New Philadelphia Kiwanis
- New Philadelphia Lions
- Tuscarawas County Dairy Farmers Association

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Surviving the Winter with Indoor Activities

Submitted by Shannon Tarbert, Twin City YMCA



Winter is here and cold, wintery weather is as well. Many parents have a difficult time finding things to keep their kids entertained when it's too cold to be outside. Here are a few simple ways to keep your children happy, active, and healthy indoors.

- ☼ **Dancing**—Ask your kids to play some of their favorite music. Let them teach you a few of their moves. Then let them listen to music that you loved when you were their age. Show them some of your moves and let the laughter begin! This is a sure-fire way to have fun, burn calories, and spend quality time with your children.
- ☼ **Obstacle Courses**—This is a great activity for younger children. Use objects from around the house—pillows, chairs, blankets, etc. Create tunnels and paths that require crawling, hopping, and jumping. If that's too easy, add a few more objects such as stuffed animals. Make the tasks more difficult by requiring the children to complete them without letting a stuffed animal fall off their back. Use your imagination and turn your living room into a playground.
 - ☼ **Trail Mix**—After you've burned a few calories, replenish your bodies with a healthy snack you can make together. Combine equal parts of Cheerios®, raisins, peanuts, and granola. Let the kids mix it all together in a bowl and then store what's left in an air-tight container for later.



These are all great activities to promote a healthy lifestyle. They're also great ways to spend quality time together. Try to set aside time each day to concentrate on healthy living and watch your children follow your lead.

Winter Nutrition Tip from OSU Extension



We all know to do lots of hand washing this time of year, but how many of us think about healthy eating as an important way to help our bodies defend against cold and flu germs this time of year? Fruits and vegetables are our best source of Vitamin C and other nutrients that help to boost our immune system. Be sure to get a good source of vitamin C daily! Vitamin C rich fruits and veggies include oranges, grapefruit, cantaloupe, pineapple, kiwi, strawberries, green and red peppers, broccoli and cabbage. Check out www.dole5aday.com for great tips to help your family eat more fruits and vegetables!

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

- ☼ **Saturday Kids Fit Classes** at Super Fitness will begin on January 6, 2007, from 10:30 to 11:30 AM and run through February 10. It's **FREE** to all kids of Tuscarawas County ages 4-11. This class will include kids yoga, obstacle courses, energetic games, dancing, and much more! Please call Super Fitness at 330-339-8030 with any questions. (This is a great way to get some extra physical activity in during the winter months!) Also, look for a special Kids Fit program on February 3 at New Towne Mall for Wellness Day.
- ☼ **Twin City YMCA Announcements** (call 740-922-1863 for more information on any of these programs):
 - ☼ Gymnastics for ages 2 and up and basketball for ages 5-12 beginning in January.
 - ☼ Youth fitness challenge program for 6-13 year olds.
 - ☼ "Kidnetics" exercise class for children of all ages and interested parents. Tuesdays at 6 p.m., January 8—February 20 (cost \$20 for members, \$40 for others).
- ☼ **Union Hospital's Take Charge of Your Health** program beginning January 11 at 7:00 PM in Reeves Auditorium, Union Hospital. This month's program will be addressing bird flu, with Dr. Tom Kelly, VP of Medical Affairs, as the speaker. The program is free, but registrations are requested and can be done by calling 330-602-0778 or be made online at www.unionhospital.org.