



# FYI Connections

A monthly newsletter for Tuscarawas County families.

October 2006

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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## Exercise Tips for Children and Families

By Dr. Tim McKnight, Twin City Hospital

It is well known that today's children enjoy many sedentary activities. Unfortunately, many of these activities keep them inside the house staring at computer terminals, operating video games, watching TV and DVD's, or listening to music on IPODs, MP3's, or CD players. Times have certainly changed since the parents of these children were young.

With so many exciting and entertaining modes of entertainment, it is no wonder that playing tag in the backyard, riding bicycles with friends, or climbing playground equipment are activities that many children have had less experience with than their parents. Many children simply do not know the fun they are missing because their exposure to these activities has been limited.

Parents, you need to set the example. Most children are starving for the attention of parents who genuinely care about and are willing to listen to their kids. Go on walks with your children. Teach them some of your favorite childhood games. Show them how to use the jump rope or hula hoop. Challenge them to a game of Four Square. Play hopscotch in the driveway. Try hiking up and down the beautiful hills and lake regions of Tuscarawas County. Ask them what sport they would like to try playing with you.

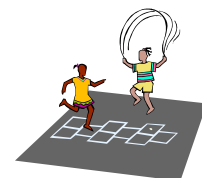
Play time with your children need not be limited to outside activities. Try playing fun music and dance with your children. When was the last time you wrestled with your children on the floor? Visit the YMCA and you will find countless fun activities you can do with your children.

Your children will gladly spend this time with you because it will provide them with the one on one attention that we all need from time to time. They will not look at this time as exercise, but as "fun time" with Mom or Dad. Additionally, there is no substitute for the quality time these activities will allow you to spend with your children. They will share "secrets" with you during these play times. These moments can be monumental turning points in their young lives.

During and immediately after these activities with your children they will feel a sense of safety and trust with you because you took time out of your busy schedule to be with them. They will open up to you. In this setting, you will be empowered with the ability to speak to them about sensitive and important issues that require high trust. You may find that the benefits of play time with your children offers much more than those of physical activity. It builds relationships. It creates unity. It strengthens family ties.

## Local Event Highlights

Upcoming programs presented by FYI and its member organizations.



**Breast Cancer and You—A Day for Learning and Living**—October 21 at Kent State University Tuscarawas Campus from 10-3. Dr. Holly Thacker, Director of the Cleveland Clinic Foundations Women's Health Center, cooking demos, catered lunch, and more! \$10/person. Sponsored by Union Hospital. For ticket information, call 330-602-0778.

**Fall Fest**—October 28 at the Norma Johnson Center (picnic shelter across from the red barn on Conservation Drive). Fun for the whole family—pumpkin painting, fall hike, scarecrow making (you supply the clothes), and more. Small donation for the day requested. For more information call 330-339-7976.

**Kids Fit Program**—coming to Super Fitness in January. Open to all children ages 4-12. Watch for more information.