

RADNOR TOWNSHIP RECREATION & COMMUNITY PROGRAMMING DEPARTMENT

LIVE WELL, PLAY WELL, BE WELL

August 2012

Get in the Olympic Spirit with the President's Council on Fitness, Sports & Nutrition

www.fitness.gov



This summer, more than 10,000 athletes will represent their countries in 26 different sports - 39 total disciplines - with the ultimate goal of getting on the Olympic medal stand in London. PCFSN celebrates the sportsmanship, determination, and competitive spirit of these athletes.

However, you don't have to be an Olympic athlete to get active – you can lead a healthy lifestyle throughout the year. During the 2012 Summer Games, we encourage you to be active with your families and in your neighborhoods and communities by having your own active events. *Try the ideas below!*

Get started on your PALA+. Use the Olympic inspiration to start the PALA+ program, which encourages youth to be active for 60 minutes a day and adults for 30 minutes a day, five days a week for six out of eight weeks. Participants also commit to one new healthy eating goal each week and build upon that goal in the six weeks that follow.

Try ACE's Olympic-inspired workouts. The American Council on Exercise (ACE) recently released four Olympic-inspired week-long workouts based on the popular Olympic events of gymnastics, track and field, swimming, and cycling. Try these free workout programs and routines today, complete with a warm up, full workout, and cool down.

Host a day of Olympic Games in your neighborhood. Get your family and friends involved in a friendly Olympic-style competition. Bring equipment for fun activities like jump roping, frisbee, tug of war, or wiffle ball to see who can finish on top of the medal stand!

Incorporate healthy food. Challenge your neighbors to make the Olympics go beyond physical activity. See who can make the healthiest, tastiest food recipes during an outdoor barbeque – try a red, white, and blue theme, or focus on healthy, ethnic foods from various Olympic winners' home countries.



6 BACK TO SCHOOL HEALTH TIPS

www.stopgerms.org



1. Build Immunity. In addition to teaching your kids to avoid exposure to cold and flu germs, you can help them stay well by promoting a healthy lifestyle. Make sure your children eat a well-balanced diet, avoid unnecessary stress, get regular exercise, and plenty of rest.

2. Yearly physicals. Children should have a yearly physical to update immunizations, receive proper vision and hearing tests, and other screenings to identify any hidden health problems.

3. Equip children with their own set of school supplies. Shared crayons, pencils and other school supplies can pass germs from one child to another.

4. Instruct your kids to:

- **Wash their hands.** Teach your children to wash their hands with warm, soapy water before eating meals, after using the bathroom, and when they return home after school. Children should wash for at least 20 seconds. If allowed, encourage children to carry hand sanitizer or wipes in their backpacks for use when water and soap are not available.
- **Avoid touching eyes, nose and mouth** when their hands are not clean - germs spread this way.

- **Proper cough and sneeze etiquette.** Show your children how to cough or sneeze into tissue or the inside of the elbow instead of their hands, which can spread germs when they touch a surface.

- **Not to share food or drink.** Talk about safe ways to sample food, such as pouring liquids into another cup or breaking off a piece of cookie from an area that hasn't been bitten.

- **Not sharing clothing,** hats, hairbrushes or hair clips and avoid head contact with other children. This will minimize the opportunities for the spread of head lice, another pesky classroom pest!

5. Get to know the teachers / school nurse. Talk to teachers about efforts to disinfect the classroom. Ask to make sure that shared surfaces are cleaned often. Volunteer to provide a box of tissue, hand sanitizer, and some disinfecting wipes to your child's classroom. Ensure medical contact information is current and that the teachers/nurse are aware of any medical conditions or allergies that your children have.

6. Keep children home if they are sick. When your children are sick, keep them home from school to avoid spreading germs to other healthy children.

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