

UGA EXTENSION PRESENTS:

# FIT FAMILY FUN

STAYING FIT DURING THE PANDEMIC

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# Let's test our knowledge!



<https://pbskids.org/arthur/health/fitness/quiz.html>

# Why is physical activity important for our children?

- So many benefits!
  - Boosts mood, energy level and self-confidence
  - Helps with school and sleep
  - Boosts immune system
- Habits built in youth stick!
- Reducing obesity risk
  - Studies have shown that obesity has affected over 13.7 million children in America.
  - Obesity can lead to cardiovascular disease (CVD), such as high blood pressure, heart attacks, etc.
  - Physical activity has been shown to reduce the risk of the top 3 causes of death in the world (Hypertension, heart disease, and stroke).

# What can physical activity do for your child?



- Promotes strong bones
- Reduces the risk of obesity
  - Controls weight
- Helps with muscle and joint movement
- Makes you feel better - physically and mentally

Can you name one thing physical activity has done for you?

# Why is physical activity important for us as adults?

- Decrease anxiety and depression, improve sleep – cope with the stress that is being a parent in a pandemic
- Reduce risk of chronic illness like cardiovascular disease, type 2 diabetes, and some cancers
  - Risk for 13 cancers can be reduced with physical activity alone!
- Strengthens bones and muscles
  - Improve balance and reduce risk of falls
- Makes everyday activities easier, helps with arthritis
- Weight management and weight loss



# How much physical activity does your child need?



## How much physical activity do kids and teens need?

### At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.



And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.



### As part of their daily 60 minutes, kids and teens also need:

**Muscle-strengthening activity**  
at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

**Bone-strengthening activity**  
at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

AND

Walk. Run. Dance. Play. **What's your move?**



# What can that 60 minutes look like for your child?

- Give children toys that encourage physical activity like balls, kites, and jump ropes.
- Limit TV time and keep the TV out of a child's bedroom.
- Generally take the stairs and park farther away.
- Have everyone pick a song and dance for 3-4 songs!
- 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.
- Encourage schools to hold recess prior to lunch to increase physical activity before mealtime.
- Volunteer to help with afterschool physical activity programs or sports teams.

# How about adults?

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!



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# How do I do that on top of everything else?



- Start Small
  - Opt for 5 minutes before work or at lunch
  - “20 in 2020”
  - Do NOT plan on going to the gym every day for an hour
    - Recipe for failure AND unnecessary!
- Break it into chunks - 10 minutes counts!
  - Lower bar – confidence booster!

# Now in the midst of a pandemic..

- More time in front of the screen
- Virtual learning plays a huge role
- More time sitting
- Easier to lose track of time

Learning to be more conscious of your physical activity time.....

- Set timers throughout the day
- Find at least one activity to do as a family
- Combine a school lesson with some physical activity
- Get creative and get moving



# Focus on Joyful Movement

- We want our kids to think of physical activity as a celebration of what our body can do and not a punishment
- If you are not enjoying your exercise, you are less likely to be consistent
- Moving your body should be a source of healing and health instead of something we dread
- We have so little free time, it's a shame doing things you don't love



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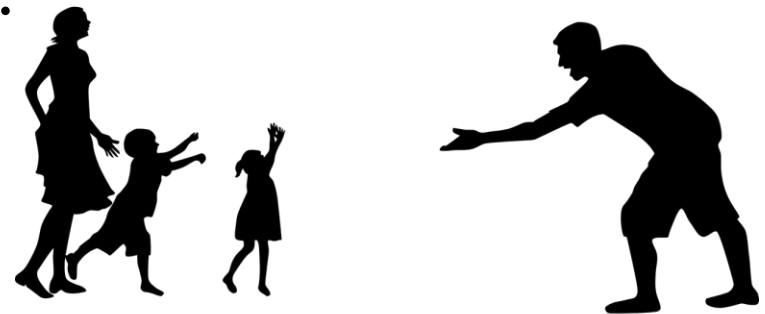
# Making it family time!

Incorporating physical activity into family time has many benefits. Here are some:

- A child watches their parents. What the adults do, the child will follow.
- Cheap entertainment! Walks, playing catch, lawn games, dance parties, etc.
- It brings a positive light to exercise and getting our bodies moving. Figure out how to make it enjoyable instead of a chore!
- It all starts in the home. Once they learn that physical activity is fun and done with their family. They will take that with them wherever they go.



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# 10 tips

# be an active family



**Nutrition  
Education Series**

## 10 tips for becoming more active as a family

### 1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



### 2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

[https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet29BeAnActiveFamily\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet29BeAnActiveFamily_0.pdf)

### 3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



### 4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.



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# 10 tips

# be an active family



## Nutrition Education Series

## 10 tips for becoming more active as a family

**6** plan for all weather conditions  
Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

[https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet29BeAnActiveFamily\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet29BeAnActiveFamily_0.pdf)

**7** turn off the TV  
Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

**8** start small  
Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



**10** treat the family with fun physical activity  
When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



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# Time for Resources and Examples!



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[https://youtu.be/XK9hK  
VJJmlw](https://youtu.be/XK9hKVJJmlw)

Here is a short video that will give you just a couple of examples out of many activities you can do with your child at home.



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# Fitness Tic-Tac-Toe

- 4 grids available to keep it fresh!
- Complete the exercise before making your X or O

## 15 Plank Jacks



## 12 Crab Toe Touches



## 5 Caterpillars (Walk Outs)



## 10 Frog Jumps



## 10 Abdominal Twists



## 10 Squat Jumps



## 20 High Knees



## 8 Burpees



## 15 Mountain Climbers



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# Being Active in Rockdale County!

- **North Rockdale**
- Costley Mill Park Trail – 0.9 miles
- Black Shoals Park Trail – 1.2 miles
- Big Haynes Creek Nature Center – 5.1 mile loop
- **Central Rockdale**
- Olde Town Conyers Trail – 5.1 miles - connects Johnson Park and Pine Log Park
  - Goes by the Library, Parker Rd, RCA, and more!
  - Access from Wheeler Park or Parker Rd. parking lot
- Pine Log Park – 0.3 mile trail
- Johnson Park – 0.3 mile loop trail
- Milstead Park Trail – 0.1 mile



# Being Active in Rockdale County!

- We have so many wonderful parks and trails!
- **South Rockdale**
- Rockdale River Trail – 8.5 miles
  - Connects Monastery to Panola Mountain State Park
  - Access at either end or Lorraine Park Trailhead, South Rockdale Community Park, or DeCastro Trail Head
- South Rockdale Community Park
  - Equestrian Trail – 2.9 miles
  - Mountain Bike Trail – 5.4 miles



# Weekend Adventures in Carroll County..

## Buffalo Creek scavenger hunt and nature trail

- Bring your children to the Carroll County Buffalo Creek Trail for an adventure to find the hidden treasure box!
- Not only will they be getting physical activity, but they receive a prize at the end. 😊



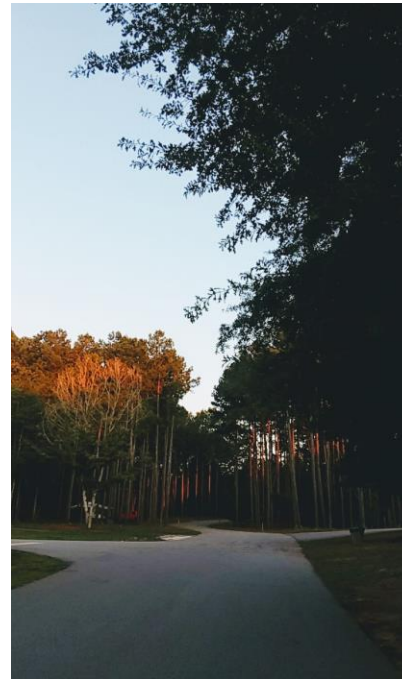


# Other Nature trails in Carroll County

- Little Tallapoosa Park
- Tanners Beach Park
- McIntosh Reserve
- Oak Mountain Trail



UGA Extension Carroll County



# Resources to find more activities:

- Strong4Life.com - <https://www.strong4life.com/en/news/keep-kids-active-while-practicing-social-distancing>
- LetsMove.gov and ChooseMyPlate.gov
- Grownups.GoNoodle.com
- <https://health.gov/moveyourway#parents>
- UGA Extension FACS - Eat Healthy, Be Active and Food Talk Better U YouTube series
- 4-H Healthy Living Guide
  - 30 hands-on activities - <https://4-h.org/about/4-h-at-home/healthy-living-activity-guide/>
- Rockdale County Parks and Trails - <https://rockdalecountyga.gov/county-departments/recreation-maintenance/parks-and-trails/>



# Resources to find more activities:

- Communicate with your schools on what the topics of health are for your child's age
- RCPS websites and social media
  - Whole district and individual school
  - Creating videos on health topics for you!
- Find local organizations or groups that promote getting children active

# Now, lets get moving!

<https://app.gonoodle.com/favorites>

**Survey link:** <http://bit.ly/2DR99Xb>

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# References:

<https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials/physical-activity>

<https://www.fcs.uga.edu/extension/eat-healthy-be-active>

<https://letsmove.obamawhitehouse.archives.gov/>

