

WTNS Radio OSU Extension Update for May 23, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about getting active with kids, and as always look at some upcoming programs from OSU Extension.

It's finally here- summer vacation! I love to hear adults reminisce about summertime when they were young. Leaving the house in the morning, riding bikes or fishing or swimming all day long, then coming back home when the streetlights signaled the end of the day. Or maybe you were helping with countless chores on the farm. One thing is certain, spending all day indoors playing video games was not an option, nor a desire. Being inactive was uncommon.

Times are different now. But the need for physical activity remains important. How can we encourage our kids to be more active? Too often, when kids are active it is very planned and controlled in the form of recreational sports. But we should also remember to let kids be kids when it comes to play and activity.

According to the US Department of Health and Human Services, childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being. Youth who are regularly active also have a better chance of a healthy adulthood.

There are three types of key activities for children and adolescents- aerobic, muscle-strengthening, and bone-strengthening activities. Aerobic activities are those in which young people rhythmically move their large muscles for a sustained period of time. Muscle-strengthening activities make muscles do more work than usual during activities of daily life. Bone-strengthening activities produce a force on the bones of the body (commonly by impact with the ground) that promotes bone growth and strength.

Let's start with preschool-aged children (ages 3 through 5 years). These little tikes should be physically active throughout the day to enhance growth and development. For preschool-aged children this includes aerobic activity such as games like tag or follow the leader, tricycle or bicycle riding, running, dancing, and swimming. Young children strengthen their muscles by

climbing on playground equipment and through games like tug of war. Each time they hop, skip, jump they are strengthening their bones.

As children grow into adolescents, their patterns of physical activity change. They are able to play organized games and sports and are able to sustain longer periods of activity. Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily. Here are lots of ideas for incorporating physical activity into a child or teen's day: brisk walking, bicycle riding, hiking, swimming, playing games that require catching and throwing- such as baseball and softball, running, bicycle riding, tag or flag football, jumping rope, cross-country skiing, playing games like soccer, basketball, or tennis, martial arts, vigorous dancing, resistance exercises using body weight (push-ups or planks) or resistance bands, weight training for adolescents, tree climbing, some forms of yoga, hopscotch, and sports that involve jumping or rapid change in direction.

The Physical Activity Guidelines for Americans also mentions that during the transition to adolescence, sex differences in physical activity behavior appear. The amount of physical activity done by girls tends to decrease dramatically compared to that of boys, and the disparity persists into adulthood. Therefore, adolescent girls may need additional support and encouragement to maintain health-enhancing physical activity.

My challenge for you this summer is to take some time to not only be physically active yourself, but also to invite your children or grandchildren to walk, run, bike, swim... whatever!... with you.

And now let's look at some upcoming programs from OSU Extension. It is time to start thinking Food Preservation. This summer I'll be teaching 2 hands-on classes. The first is Making Pickles on June 9 and the other is Making Salsa on July 7. The OSU Extension Home Food Preservation Team is also offering bi-weekly webinars on a variety of different Ohio produce. The next is "Onions and Herbs" on Tuesday, May 31 from 4-5 PM. You can find details about future programs related to financial wellness, food preservation, diabetes, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!