



Bradford Tioga Head Start Inc.

Active Living

Parents often become so busy working and raising children, that exercise is difficult to schedule. But the lack of regular exercise has contributed to overweight and obesity in adults and children. Studies show 25 percent of adults never exercise while 30 to 35 percent participate in moderate exercise less than four times a month. The favorite activity of many is to **watch** sports, such as basketball or NASCAR.



Instead of trying to plan a daily exercise routine, try active living. Be physically active every day. Get up and change the TV channels and put away the remote. Park and walk into the fast food restaurant or bank instead of using the drive thru. Pay inside a gas station instead of paying at the pump. Walk and use weights while talking on a cell phone. Wash the car instead of driving through a car wash. Rake leaves instead of blowing them into a pile.

Toddlers and preschoolers just like to have fun jumping, running, and throwing. Buy toys that require a child to move, such as baseball bats, jump ropes, tricycles, and kites.

To stop weight gain, activity is a

must. The longer, more frequent, and more intense the activity, the more energy is burned. One hour of active exercise is needed for weight loss or to prevent weight gain. Activities don't have to be done all at once; they can be spread out over the day.

Exercise increases muscle tissue. Since muscle weighs more than fat, a scale won't show much weight loss from exercise. A better measurement of weight loss is a lower percentage of body fat, or smaller waist and hip measurements.

Benefits of an active lifestyle for adults and children:

- Decreases stress and depression and increases self-esteem.
- Helps people sleep better.
- Draws fat from the abdominal area.
- Builds muscle while burning fat stores.
- Lowers risk of getting heart disease and type 2 diabetes.
- Builds strong bones.
- Improves coordination.

Combine healthful food choices with an exercise program. If exercise is followed by high-fat foods, calories out won't equal calories in. If exercise is combined with a low-fat, low-calorie food plan, calories out will be more than calories in.

Vegetable Recipes



Corn and Bean Salad

- 2 cups fresh cut corn kernels
- 1 cup canned black beans
- 1/3 cup chopped green pepper
- 1/4 cup chopped green onion
- 3 tablespoons red wine vinegar

Cook corn just until tender. Cool, then cut off cob. Mix all ingredients in bowl. Serve chilled. Serves 8. (68 calories and 0 grams fat per serving)

Salsa

Salsa contains no fat, is low in calories and salt, and high in vitamin A. Serve salsa with tortilla chips or use in recipes.

- 2-1/2 cups chopped tomatoes
- 2 tablespoons minced cilantro
- 2 (4-ounce) cans chopped green chiles
- 1/4 teaspoon sugar
- 1/4 cup diced onion

Combine all ingredients in bowl. Mix well. Cover. Chill 2 hours. Makes 3 cups. (11 calories and 0 grams fat in 1/4 cup)

Hepatitis B Vaccine

The Hepatitis B virus can cause a serious disease. The disease can be either short or long-term. The short-term illness can lead to diarrhea, vomiting, jaundice, loss of appetite, fatigue, muscle and stomach pain. The virus can also cause a long-term illness that may lead to liver damage, liver cancer, and death.

The Hepatitis B virus is spread through contact with an infected person's blood and body fluids. For example, a person can become infected with Hepatitis B by having unprotected sex with an infected person, or an infected mother can pass the virus to her newborn at birth.

Many people who are infected don't know how they got it.

The Hepatitis B vaccine can prevent Hepatitis B. All people under the age of 18 should get the vaccine. Adults over the age of 18 who are at risk, such as health care and public safety workers, should get the vaccine. Children are given the vaccine when they are two months, four months, and between six and 18 months old. Infants whose mothers are infected with Hepatitis B are given the vaccine within 12 hours of birth, again at the age of one to two months, and six months.



Tall Tales and Honesty

Preschoolers have trouble separating fact from fantasy. Their tall stories aren't planned lies. The way parents respond to the tales will help children learn to value honesty in their lives.

A three-year-old's tall tales are a good sign of creative growth. Four-year-olds love to tell stories that help them connect with the world around them. For example, if one child brags about his dog, another child may say he has three dogs. When children turn five, they may become more intent on fooling or trapping others with stories. This is usually done to protect

themselves as they blame brother, sister, or even stuffed animals for their mistakes.

Help children learn to value honesty by:

- Being a good role model. Children can't figure out the difference between their lies and a parent's little white lies.
- Rewarding children when they tell the truth with more trust and privileges.
- Telling children that all people make mistakes and they won't be punished for their honest mistakes.

Cats and Pregnancy

Cats who are outdoors or eat rare meat can get an infection called toxoplasmosis (TOX-soplaz-MO-sis). Toxoplasmosis can cause severe deformities in a fetus when a pregnant woman gets the disease in the first or early part of the second trimester. Water on the brain, convulsions, low blood count, eye damage, or an enlarged liver and spleen may be seen years later in a child exposed as a fetus to toxoplasmosis.



If you are pregnant or plan to be:

- Don't eat rare meat—especially lamb and pork.
- Wait to get a kitten or cat until after your pregnancy. Kittens are at the peak age for infection. If you already have a cat, keep it indoors while you are pregnant.
- Since the major route of infection is from cat feces to humans, have others clean the cat litter box. Clean cat litter boxes daily. Also, wear gloves when gardening where cat feces may be present.

Bleeding During Pregnancy

Vaginal bleeding occurs in about 10 percent of all pregnancies, and mostly in the first three months. Vaginal bleeding is more common in twin births. There are many reasons for vaginal bleeding during pregnancy.

During the first three months, vaginal bleeding may indicate a miscarriage, infection of the cervix, trauma to the cervix from intercourse, a medication reaction, or stress. Vaginal bleeding between the fourth and ninth months may be due to an infection of the cervix, trauma to the cervix from intercourse, ectopic pregnancy (the embryo implants outside the uterus), placenta previa (abnormal location of the placenta), or early labor.

Any bleeding during pregnancy is an emergency. See a health care provider right away. Although bleeding may not be serious, blood tests and an ultrasound may be needed.