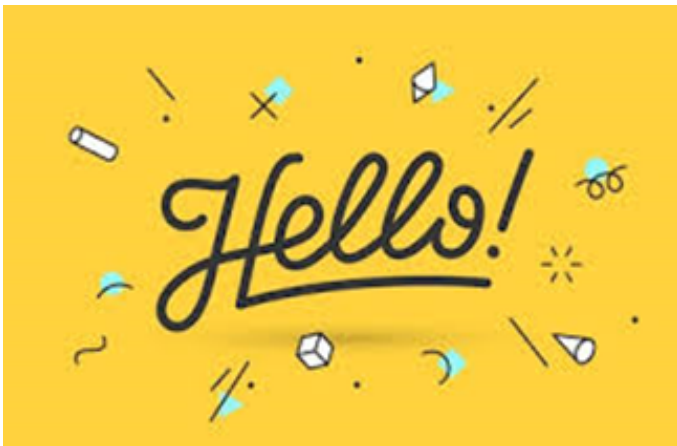


STAY ACTIVE NEWSLETTER

WELCOME!




Thank you for participating in this program! Researchers at Children's Mercy Hospital designed this program to encourage children and families to lead a physically active lifestyle during the Coronavirus Disease 2019 (COVID-19) pandemic. The program promotes two types of activities:

In-school activities:

- Throughout the school week, children will receive regular physical activity breaks. These breaks will last a few minutes and encourage children to get up and move through different types of activities while teaching about different aspects of physical activity.

Out-of-school activities:

- Your child will receive a Garmin that will track their daily steps and minutes of activity. The device creates a daily step goal automatically. As your child moves during the day, the device counts down the number of remaining steps in the daily goal. When your child reaches the step goal, the device shows this icon , and begins counting the number of steps that go over the daily goal.
 - You can view your child's step goal and their current step counts in the Garmin Connect app. We suggest you look at their goal everyday and encourage them to meet their goal!
- Every other week families will receive a [newsletter, like this one](#), that talks about topics related to physical activity and that matches the information of the in-school activities. At the bottom of each newsletter you will also find tips for keeping your family active (see 'Family Activity Corner' below), and updates related to COVID-19.
- You will receive weekly texts with updates on your child's step goals and other helpful tips.
 - Every other Friday you'll receive a link to the latest Stay Active newsletter
 - Every Sunday you'll receive a message to reflect on your child's accomplishments the previous week

Out-of-school activities continued:

- Every Monday you'll receive a message reflecting on your child's accomplishments since day 1 of the program.
- On Wednesdays, you'll receive a notification if your child is having trouble reaching their step goals that week.
- Finally, we also have a website that includes past newsletters and extra information and resources for your family

WHY BE PHYSICALLY ACTIVE?

Research shows that individuals (children & adults) who are physically active are generally healthier, sleep better, and have more energy throughout the day. Physical activity is especially important for children because it can help build strong bones and muscles and can improve their learning abilities.

Contact us with any questions or concerns related to the Stay Active Program:



ActiveKids@cmh.edu



816-287-0262



FAMILY ACTIVITY CORNER

In each newsletter we will have the 'Family Activity Corner' where we highlight different ways to be physically active and/or recommend how to incorporate the content from the newsletter into your physical activity habits!

Brain Breaks: Are ideas to get your child moving throughout the day, here's more information:

- Check out the handout for some exercises your family can try out this week.
- Do the Moves to Know together: squats, lunges, push-ups, sit-ups, and planks
- Stand up and stretch: have your child stand beside their chair, stretch their hands high for a few seconds, then lower them towards their feet to stretch low. Next, they can place their feet a little further than shoulder width apart and do the same thing with their hands, stretch them high and low for a few seconds each.
- Have your child do these things every few hours to take care of their body and mind – you can do them too!

COVID-19 UPDATES

- If you use any public physical activity equipment (gym weights, treadmill, equipment at a park, etc.) remember to wash your hands after use!
- Current cases in the Kansas City, MO area:
- Testing locations: