Family Guide

UCLA Health Sound Body Sound Mind

We know that navigating life at home during this time can be challenging. We've created a mini guide to help you keep yourself and your family active and healthy.
Welcome

Physical education is one of the most important classes your child will have throughout their education. It impacts their body and mind.

Benefits of physical education:

- Improves physical fitness
- Enhances motor skill development
- Relieves stress
- Helps students learn goal setting
- Emphasizes teamwork
- Requires creative problem solving
- Teaches self-discipline
- Strengthens peer-relationships
- Can improve confidence and self-esteem
- Strengthens and stimulates the brain

Keeping your students engaged in PE while at home benefits them now and in the future. Studies show that students who are more active perform better academically. To help set your child up for success, encourage them to participate in physical education class and exercise daily.
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Being Active

Regular exercise is critical for a strong body and mind, especially during difficult times.

The World Health Organization (WHO) suggests children ages 5-17 participate in moderate to vigorous exercise for at least 60 minutes per day. This should include activities that strengthen muscle and bone at least three days per week.

A 30-minute cardiovascular workout can improve memory and cognitive function, increase circulation, improve blood sugar control, burn calories, boost mood, and release tension and endorphins - making you feel better, longer.

Tips:

- Try going for walks as a family before or after meals.
- Dedicate some weekend time to being active by hiking, practicing yoga, or turning up the tunes and dancing.
- Stretch or work out while watching television, especially during commercials.
- Opt for walking instead of taking the bus or driving close distances.
- Try a 15-minute jump rope workout - 1 minute on, 30 seconds off.
Healthy Meals

In addition to being active, maintaining a healthy diet also keeps us strong.

Tips:

- Incorporating leafy greens and the rainbow of vegetables into each meal will provide you with the nutrients your body needs to stay healthy. Add as many colors to each meal as you'd like.
- Cut back on fast food, salt, and sugary foods and drinks. This will make you feel more energized throughout the day, help you sleep better, and keep your mind sharp.
- Be mindful of portion sizes. Eating more than one serving can cause bloating, stomach ache, and lead to unnecessary weight gain.
- Take a look at our weekly nutrition lessons for tips on what foods to eat and how to meal prep.
Hydration

Staying hydrated throughout the day supports good health, healthy tissues, academic ability and athletic performance.

Hydration supports heart health, improves nutrient distribution throughout the body, boosts energy levels, protects joints, supports healthy tissues and organs and improves brain function.

Tips:

- To determine how much daily hydration you need, take your body weight and divide by two. This is the minimum number of ounces of water you should have each day. (Example: 100 pounds divided by 2 = 50 ounces)
- Drink more fluid when physically active, in hot temperatures, or in high humidity
Social & Emotional Health

Having to social distance can take a toll on children's health, especially when they are used to being in school each day.

Tips:

• Mirror the behavior you'd like to see, whether that's apologizing when you're wrong or listening to others with your undivided attention, children learn from what they see and experience at home.
• Nurture your child's self-esteem by giving them responsibilities, allowing them to make decisions for themselves, and showing appreciation when they do a great job.
• Establish a daily routine. Routines create a sense of security for children.
• Engage creatively with each other – like being active together, cooking a healthy meal together, or learning something new.
COVID-19 Reminders

To help prevent the spread of COVID-19, wash your hands often.

Keep a safe distance from people outside of your household (at least 6 feet).

Wear a face mask in public.

Avoid contact with frequently touched surfaces, like elevator buttons and handrails.

Always cover your coughs and sneezes.
Additional Resources

Being Active:

16 Strength-training exercising for kids (Parents.com)

Healthy Meals:

Vary your Veggies (myplate.gov)

Hydration:

How can I protect my child from dehydration (UCLA Health)

Social & Emotional Health:

7 Ways to maintain relationships (Edutopia.org)

COVID-19 Reminders:

Back to school planning checklist (CDC)