Office Hours
Monday - Friday:
8:00am – 4:15pm

Thursday:
1ST and 3rd Thursday of the month
10:00am – 6:15pm

Site Location & Dates
Hoosick Falls: 3/10 & 4/14
Stephentown: 3/20 & 4/17

Breastfeeding Support Group
Please join us for our breastfeeding support group! Every third Thursday of the month from 4:30pm – 6:00pm.

Troy Baby Café at CEO
Meet other breastfeeding moms and get breastfeeding help in a safe, relaxed environment.
Wednesdays 12pm - 2pm

CEO’s WIC Program
2328 Fifth Avenue,
Troy, NY 12180

Phone: 518-272-6159
Website:
www.ceoempowers.org/wic
* This institution is an equal opportunity provider.

Keeping Kids Active
Anyone who's seen kids on a playground knows that most are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active. As they get older, it can be a challenge for kids to get enough daily activity. This can be due to:

- increasing demands at school
- a feeling among some kids that they aren't good at sports
- a lack of active role models
- busy working families

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids did generations ago. So their opportunities to be active might be limited. In spite of these barriers, parents can teach a love of physical activity and help kids fit it into their everyday lives. Doing so can set healthy patterns that will last into adulthood.

Benefits of Being Active
When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- healthy weight
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life

Physically active kids also are more likely to be motivated, focused, and successful in school. And mastering physical skills builds confidence at every age.

What Motivates Kids?
So there's a lot to gain from regular physical activity, but how do you encourage kids to do it? The three keys are:

1. **Choosing the right activities for a child’s age:** If you don’t, the child may be bored or frustrated.
2. **Giving kids plenty of opportunity to be active:** Kids need parents to make activity easy by providing equipment, signing them up for classes or sports teams, and taking them to playgrounds and other active spots.
3. **Keeping the focus on fun:** Kids won't do something they don’t enjoy.

When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel
accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

**Age-Appropriate Activities**
The best way for kids to get physical activity is by incorporating physical activity into their daily routine. Toddlers and preschoolers should play actively several times a day. Children 6 to 17 years should do 60 minutes or more physical activity daily. This can include free play at home, active time at school, and participation in classes or organized sports.

**Age-Based Advice:**
Preschoolers need play and exercise that helps them continue to develop important motor skills — kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a trike or bike with training wheels, or running obstacle courses.

Although some sports leagues may be open to kids as young as 4, organized team sports are not recommended until they’re a little older. Preschoolers can’t understand complex rules and often lack the attention span, skills, and coordination needed to play sports. Instead of playing on a team, they can work on fundamental skills.

**Kids’ Fitness Personalities**
In addition to a child's age, it's important to consider his or her fitness personality. Personality traits, genetics, and athletic ability combine to influence kids' attitudes toward participation in sports and other physical activities, particularly as they get older.

Which of these three types best describes your child?

1. **The non-athlete:** This child may lack athletic ability, interest in physical activity, or both.
2. **The casual athlete:** This child is interested in being active but isn’t a star player and is at risk of getting discouraged in a competitive athletic environment.
3. **The athlete:** This child has athletic ability, is committed to a sport or activity, and likely to ramp up practice time and intensity of competition.

If you understand the concepts of temperament and fitness types, you’ll be better able to help your kids find the right activities and get enough exercise — and find enjoyment in physical activity. Some kids want to pursue excellence in a sport, while others may be perfectly happy and fit as casual participants.

**Breastfeeding Support Group**
March 19th
Every third Thursday of the Month from 4:30pm – 6:00pm

**Sources:** Motivating Kids to be Active. https://kidshealth.org/en/parents/active-kids.html?WT.ac=ctg#catstaying-fit, 30 Jan. 2020