



Stay healthy while you enjoy your Winter Break!



To help you think of ways you can still exercise while the weather is nasty, here's a list of *indoor* and *outdoor* winter activities:



Indoor Activities

- 1) Push-ups and Sit-ups
- 2) Stretches
- 3) Jumping Jacks
- 4) Jumping Rope
(maybe in garage)
- 5) Mini Trampoline
- 6) Interactive games
(Nintendo Wii)

Outdoor Activities:

- 1) Shoveling Snow
- 2) Sledding
- 3) Building a Snowman
- 4) Ice Skating
- 5) Pulling a Friend on a Sled
- 6) Making Snow Angels



**Special
Announcement!**

The Center for Healthy Children is taking applications for the Spring 2009 Focus Group. This is a group of kids, ages 8-12 that have a BMI* of 30 or more.

The Focus Group will meet at the NEA Clinic Wellness Center, Monday – Thursday from 4:30 – 5:30 for exercise and nutrition classes. Please apply today! Spaces are limited. You may submit an application online or print a copy from our website.

*If you are unsure of your child's BMI, please visit our website at www.neaclinic.org to use our BMI calculator.

Helpful websites:

www.neaclinic.org

www.mypyramid.gov

www.kidshealth.org

The Center for Healthy Children is coming to a school near you!

This school year, the Center for Healthy Children will visit different schools in the area, bringing a **FREE** after school exercise program!

This will be available for many Middle Schools and will run from 3:15 – 4:00, Monday – Thursday. Spaces will be limited!

Here is a list of the schools that are on the schedule:

Valley View Intermediate: Jan. 12th – Jan. 30th

Visual and Performing Arts: Feb. 2nd – Feb. 20th

Greene County Tech: Feb. 23rd – March 13th

Westside Middle School: March 30th – April 17th

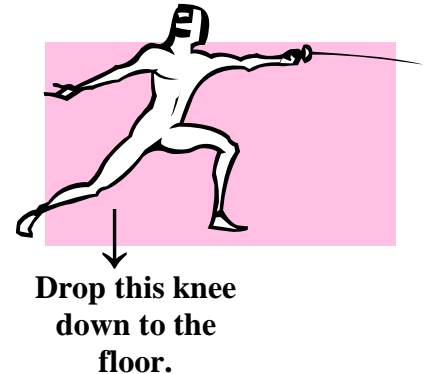
Fox Meadow Intermediate Center: April 20th – May 8th

Look for sign-up details at your school just weeks before we are scheduled to be there!

Exercise Move of the Month

Lunges

There are plenty of ways to strengthen your muscles while you can't get outside this winter. Try doing lunges by taking a big step forward and lowering your back knee to the ground. Do 5 on each leg 3 times and work up to doing 10 on each leg 3 times.



If you are interested in learning more about the Center for Healthy Children or the NEA Clinic Charitable Foundation, please visit our website at www.neacfoundation.org. There you will find information about all of our programs, upcoming events and volunteer opportunities.

Center for Healthy Children

It is our mission to teach, motivate and guide overweight children to build a solid foundation of proper nutrition and regular exercise for a healthy lifestyle.