



The Dangers of Screen Time

By Carolyn Graves, Weighing In Intern

With increasing media outlets and technology, kids are spending more time than ever in front of screens. While some screen time can be educational, it is easy for children to become overloaded. The American Academy of Pediatrics (AAP) recommends discouraging all screen time for children younger than 2 years and no more than two hours a day for older children. Watching too much TV or spending too much time in front of screens has been linked to many health problems including:

Obesity: The more TV your child watches, the greater his or her risk of becoming overweight. Watching TV or playing video games does not burn sufficient calories and can even promote junk food consumption. Junk food is often promoted in TV ads and eating while distracted can lead to overeating.

Irregular sleep: Children who watch too much TV are more likely to have trouble falling asleep or to have an irregular sleep schedule. This in turn, can lead to fatigue and lack of attention.

Behavioral problems: Young students who spend more than two hours a day watching TV, using a computer, or playing video games, are more likely to have emotional, social and attention disorders. Watching excessive amounts of TV is also linked to bullying and violence.

Impaired school performance: Children who have TVs in their bedrooms tend to perform worse on tests than do those who don't have access to TVs in their rooms.

Violence: Too much exposure through media, whether it be on TV or through video games, can desensitize children. As a result, children might learn to accept violent behavior as a normal way to solve problems.

Less time for play: Excessive screen time leaves less time for active play and social interaction.

*For ways to reduce the amount of screen time your child engages in, see sections "In the News" and "Spring into Fun."

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Did You Know?

- Children consume about 167 extra calories for every hour of TV that they watch.
- A preschooler's risk for obesity increases by 6 percent for every hour of TV watched per day.
- One 30-second commercial can influence the brand preferences of a child as young as two years.
- www.commercialfreechildhood.org

In The News

Screen-Free Week May 4-10

- This is the international celebration where children, families, schools, and communities spend seven days turning OFF electronics and turning ON life!
- Here is how to participate:
 - ⇒ Unplug any electronics, including tablets, computers, phones, laptops and the TV
 - ⇒ Go outside and play, read, daydream, create, explore nature, and spend time



Farmers Markets -By Carolyn Graves, Weighing In Intern

Spring is here and it is the perfect time to visit some of your local farmers markets! Take advantage of fresh fruits and vegetables while also helping to support your local farmers! Visit a market near you today!

BADSEED Farmers Market

1909 McGee St.
Kansas City, Mo. 64108
Fridays 4-9 p.m. (May 2-Nov. 21)

Rosedale Farmers Market

4020 Rainbow Blvd.
Kansas City, Kan. 66103
Sundays 10:30 a.m.-2 p.m.
Starting May 17

Troost Youth Garden Market

5142 Paseo
Kansas City, Mo. 64110
Saturdays 8 a.m.-2 p.m.

KC Organics and Natural Market at Minor Park

Just east of Holmes on Red Bridge Rd. (111th St.), Kansas City, Mo.
Saturdays 8 a.m.-12:30 p.m. (May-Oct.)

Brookside Farmers Market

63rd and Wornall
Kansas City, Mo. 64113
Saturdays 8 a.m.-1 p.m.
April 19-Oct. 25

Ivanhoe Growers Farmers Market

3700 Woodland
Kansas City, Mo. 64109
Fridays 5-7 p.m. (Starts third Friday of June to the last Friday of September)

Drink More Water



Water is an essential nutrient that our bodies need to stay healthy. If you're not drinking enough, try some of these tips to help increase your intake.

- Keep water handy - take a reusable water bottle with you on the go.
- Start your day by drinking one or two glasses of water. Start early, feel better, set the trend for the day.
- Freeze little bits of fruit like peeled lemons, limes and oranges and use them in place of ice cubes - it's delicious and refreshing.

What's In Season This Spring?

- Spinach
- Asparagus
- Collard Greens
- Limes
- Mangos
- Strawberries
- Oranges



For ideas on how to enjoy these go to:
www.fruitandveggiesmorematters.org



Frozen Berries



Frozen berries can be the perfect after-school snack for picky eaters. Simply take your favorite berries, strawberries, blueberries, or raspberries and dip them in your favorite low-fat yogurt. Place them on a cookie sheet and freeze! So simple and yummy, it will become a family favorite!



Spring Into Fun—By Carolyn Graves, Weighing In Intern

After months of being cooped up inside and wishing for the temperatures to warm up, our wait is officially over! Now it's time to get outside and have some fun. Shed your winter coat and get started with this list of fun ways to enjoy the warmer weather!

- **Take a long walk around the neighborhood.** Get out and explore your local park or playground and soak up the nice weather!
- **Go for a bike ride.** Make it a family event and ride to the

nearest park or bike trail. Pack a lunch and stop to enjoy a picnic!

- **Fly a kite at the park.** Pick a windy day and your favorite kite and get out and have kite races with family and friends. See who can keep their kite in the air the longest!
- **Explore local hiking trails.** Create a scavenger hunt during your hike to keep kids interested and enjoy the colorful changes brought by spring!
- **Play hopscotch in the driveway.** Encourage kids to draw

their own hopscotch course! You can even turn it into a race or relay game!

- **Grow something you can eat.** Pick out a fruit or vegetable that you and your child can plant from seed and nurture together.
- **Go to a farmers market.** Take advantage of the warm temperatures and see what local farmers are offering. The markets provide fresh fruits and vegetables perfect for cooking or snacking. You might even get the kids to try a new

vegetable!

Hit the Pool. Swimming is an excellent total body workout. So take advantage of the opportunity to combine fitness with fun by taking your kids to your local indoor pool and recreation center.

Regular physical activity is an important part of a healthy lifestyle. Start this spring season off right and make sure to get out and get moving. The goal is to get one hour of physical activity a day.



Recipe Corner

Mango Salsa

Makes 1 1/4 cups; Serving size= 1/2 cup

Ingredients:

- 1 medium mango or 1 cup, diced
- 2 Tbsp. red bell pepper, finely chopped
- 1 Tbsp. red onions or scallions, finely chopped
- 1 Tbsp. jalapeno, finely chopped
- Juice from 1/2 an orange or 1/4 cup of 100 percent orange juice
- 2 Tbsp. mint, finely chopped

Preparation:

1. Chop all ingredients and place in a bowl.
2. Cut orange in half and, with your hands, squeeze juice from 1/2 orange on top of the chopped ingredients.
3. Mix ingredients together and serve!

Nutrition Facts Per Serving (1/2 cup):

60 calories; 0 g total fat;
14 g total carbohydrate;
11 g sugar;
2 g fiber;
1 g protein



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For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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