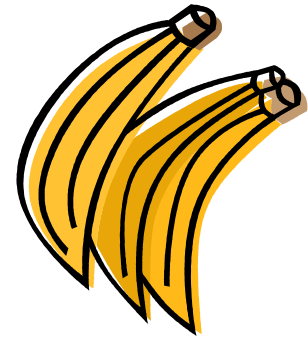


Tips for Improving Kids' Physical Activity!

Environmental Standard	Barriers encountered by YMCA staff	Promising practices for change
<p>30 minutes of moderate, fun, physical activity for every kid everyday</p>	<ul style="list-style-type: none"> • Conflicting with priorities for academic activities • Cold weather & darkness • Limited space • Competing for space with other programs • Difficulty involving all children 	<ul style="list-style-type: none"> • Make 30 minutes of physical activity part of daily schedule • Offer physical activity at the start of the afterschool day • Convert cafeteria or classroom into area for dance or fitness • Develop positive relationships with school administration • Offer structured free play with physical activity stations
<p>20 minutes of vigorous physical activity 3 times per week</p>	<ul style="list-style-type: none"> • Difficulty identifying appealing vigorous activities • Limited equipment • Staff lack skills 	<ul style="list-style-type: none"> • Use a physical activity "taste test" to try out new activities- popular choices include hip hop, aerobics, non-elimination tag. • Provide ongoing training
<p>No commercial broadcast TV or movies</p>	<ul style="list-style-type: none"> • Movies are an easy way to fill time on rainy days • Kids enjoy watching TV • Staff use TV as downtime for lesson planning 	<ul style="list-style-type: none"> • Remove TVs from the space • Be creative with alternative indoor activities • Give staff adequate paid time outside the program to plan
<p>Limit computer time to less than 1 hour per day</p>	<ul style="list-style-type: none"> • Kids enjoy playing on the computer 	<ul style="list-style-type: none"> • Use computer parental controls to set time limits
<p>Staff participation in physical activity</p>	<ul style="list-style-type: none"> • Staff are not comfortable being physically active • Staff are concerned with supervising, rather than participating in, play 	<ul style="list-style-type: none"> • Health goal setting with staff • Allow staff to choose the physical activities they lead • Ask about physical activity interests during hiring • Director set example for staff



Tips for Improving Kids' Nutrition!



Environmental Standard	Barriers encountered by YMCA staff	Promising practices for change
<p>Offer a fruit or vegetable option every day</p>	<ul style="list-style-type: none"> • Limited storage & refrigerator space • Expense • Kids' attitudes 	<ul style="list-style-type: none"> • Serve canned, dried, or frozen • Give 2+ healthy options at snack • Cut & peel to make eating easier • Taste test to understand kids' preferences & identify new offerings
<p>Offer water as the primary drink every day</p>	<ul style="list-style-type: none"> • Reimbursement mandates serving milk • No equipment for easy access to water • Kids' attitudes 	<ul style="list-style-type: none"> • Serve tap water too—it's free! • Keep water pitcher & cups out at child level throughout the day • Make presentation appealing— use a clear pitcher & try adding fruit
<p>Do <u>not</u> serve foods with trans fats</p>	<ul style="list-style-type: none"> • Limited knowledge about labeling among purchasers • Longer shelf life • Lack of control with central vendors 	<ul style="list-style-type: none"> • Teach staff & vendors to look for partially hydrogenated oils on ingredient labels • Develop positive relationships with vendors & school food staff
<p>Do <u>not</u> serve sugar sweetened drinks</p>	<ul style="list-style-type: none"> • Staff believe "fruit drinks" are healthy • Kids bring from home, soda machines on school grounds & nearby stores 	<ul style="list-style-type: none"> • Teach staff, kids & families about the amount of sugar in fruit drinks • Implement policies that restrict food from outside or sharing
<p>Involve kids in snack preparation</p>	<ul style="list-style-type: none"> • Conflicting licensing requirements • Time constraints 	<ul style="list-style-type: none"> • Involve kids in menu planning through grocery store visits • Assign rotating helper jobs
<p>Staff participation in healthy eating</p>	<ul style="list-style-type: none"> • Staff are too busy to sit with kids • Staff don't see what they eat as relevant to their job 	<ul style="list-style-type: none"> • Serve snack family style • Teach staff about the importance of role modeling—include as part of your staff policy & during hiring • Involve staff in taste testing