

# Healthy **ZONE**

a program of



The Cooper Institute



**JANUARY 2018 NEWSLETTER**

The Healthy Zone School Recognition Program<sup>®</sup> was created as a joint collaboration between The Cooper Institute & United Way of Metropolitan Dallas in 2011, which uses evidence-based knowledge and best practices to assist schools in promoting healthy behaviors.



**60 MINUTES**  
PER DAY IS THE RECOMMENDED  
PHYSICAL ACTIVITY TIME FOR  
CHILDREN AND ADOLESCENTS.

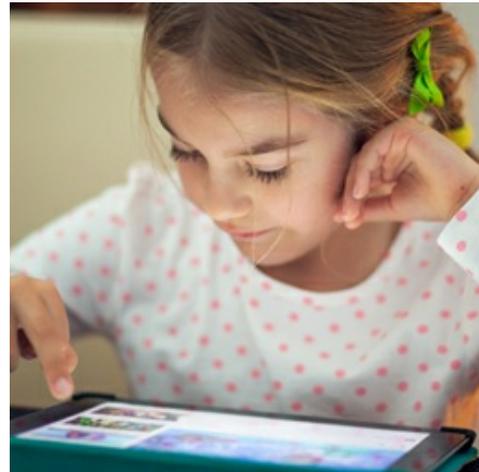


**37.4%**  
Only 37.4% of children  
participate in daily  
physical activity.

## KIDS & TECH: TIPS FOR PARENTS IN THE DIGITAL AGE

Today's "digital age" has ushered in an era where most school-aged children are receiving their first cellphone, tablet, MP3 device, or other handheld electronic well before they reach high school.

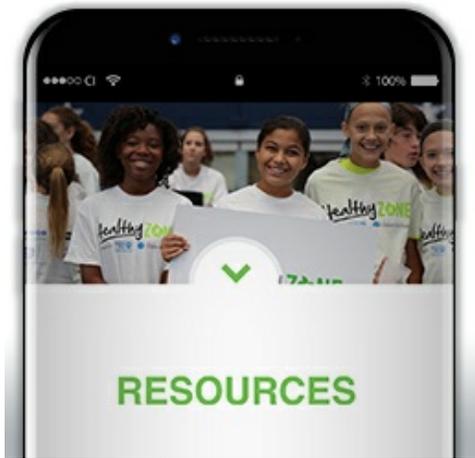
Technological advances have enabled us to access just about anything in the palm of our hands, and with the simple click of a button, instantaneously. The [American Academy of Pediatrics](#) suggests the following tips to help families manage the ever changing digital landscape:



- Treat media as you would any other environment in your child's life.
- Set limits and encourage playtime.
- Keep the value of face-to-face communication.
- Create tech-free zones.
- Don't use technology as an emotional pacifier.

[READ MORE](#)

**STAY ACTIVE IN THE NEW YEAR**



Use the Healthy Zone website to help you stay active during the New Year. If your New Year's resolution(s) are related to nutrition, physical activity or general health, then you're in luck!

Take full advantage of the Healthy Zone website and access a variety of information and activities geared toward health and wellness. Involve the entire family and complete activities like a [Family Scavenger Hunt](#), [Family Fun Monthly Challenges](#), [Television Budget](#), and more.

RESOURCES

## FIT TIP: MUSCULAR ENDURANCE

This Fit Tip focuses on musculoskeletal fitness, specifically muscular endurance. Defined, muscular endurance is the ability of a muscle or a group of muscles to contract repeatedly for a prolonged period of time. Body weight and low-resistance exercises can be adequately utilized for the purpose of improving muscular endurance.

Watch this Fit Tip to learn how to target the whole body with one exercise.

All you need is a wall and a medicine ball - or improvise with only body weight or a dumbbell!

WATCH VIDEO

 Subscribe

Have you subscribed to our CI Fit Tip channel?

Get caught up on the [latest Fit Tips](#).



## WHAT THE SCIENCE SAYS ABOUT THE LATEST DIET TRENDS

January ushers in a New Year as well as New Year's Resolutions. Health and fitness are almost always at the top of any resolutions list, but with an abundance of information readily available it can be hard to know where to start.

If a healthier dietary lifestyle is what you're looking for, you should always be wary of fads and trends. The Cooper Institute's Dr. Steve Farrell deciphers what the latest science says about some of the most popular trends in diets to help separate fact from fad.

**Read on to learn more!**

- [The Alkaline Diet](#)
- [The Ketogenic Diet](#)
- [The Paleo Diet](#)

For more information on health and wellness, including nutrition, fit tips and strategies for improving youth fitness, click below.

[BLOG](#)

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