

# Healthy **ZONE**

a program of



## FEBRUARY 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.

## THE FLU - WHAT YOU NEED TO KNOW



According to the [Centers for Disease Control and Prevention \(CDC\)](#), **forty-six states, including Texas, are currently reporting widespread flu activity.**

The CDC notes that this is similar to what was seen at the peak of the 2014-2015 flu season, which was the most severe in recent years. The FluView Report, a weekly update on flu activity and surveillance in the United States, reported a total of 13 influenza-associated pediatric deaths so far.

**What can you do to protect your students, children, yourself, and your families from the virus?**

Click below to read more about flu season, preventive actions, treatment, and more.

[READ MORE](#)

## FAMILY EXERCISE IDEAS FOR EVERY SEASON



**Don't let the cold weather and rainy days prevent you from staying active. Use these indoor activity tips to keep you moving during the summer months.**

- Skip taking the elevator or escalator and take the stairs whenever possible.
- Walk around your local mall.
- Watch and follow an exercise video rather than a movie.
- Walk the halls of your workplace during lunch and breaks.

For more tips and activities, read more.

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## AMERICAN HEART MONTH



**American Heart Month was first established in 1964 by former President Lyndon B. Johnson. Since then, the month of February has been dedicated to cardiovascular health.**

Today, cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

While certain risk factors such as age, gender, and family history cannot be controlled, more than half of cardiovascular disease risk factors are modifiable.

Based on research conducted at The Cooper Institute, the American Heart Association officially designated physical inactivity as a [fourth risk factor](#) for heart disease. The American Heart Association suggests embracing [Life's Simple 7](#), a tool designed to help individuals improve their health.

LIFE'S SIMPLE 7

## IS IT POSSIBLE TO OVER-EXERCISE?



**Just because January (and New Year's Resolutions) is behind us is no reason to ease up on an active lifestyle. Physical activity and fitness should always be year-round resolutions.**

However, one question we're asked regularly is, "Is it possible to over-exercise?" Quite simply, the answer is yes!

Read on to learn more about a serious condition known as exertional rhabdomyolysis, which can result in situations where muscles are severely damaged as a result of doing too much exercise.

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## FIT TIP: MUSCULAR STRENGTH STRATEGIES FOR YOUTH

**This Fit Tip focuses on resistance (strength) training, which can be safely implemented for kids of all ages.**

Physical education teachers and families can utilize the following resistance training strategies to boost kids' musculoskeletal fitness.

Basic rules for strength training in kids and adolescents have been published in a previous blog (see: [Strength Training for FitnessGram](#)).



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