

# Bath County Schools

# Get Fit!



Summer 2020

# EXERCISES FOR KIDS



1. Planks



2. Push-ups



3. Crunches



4. Cycling



5. Lunges



6. Running



7. Stretching



8. Bridge lift



9. Backstretch



10. Squats



11. Skipping



12. Overhead shoulder stretch



13. Jogging



14. Splits



15. Side leg raise



**Harvey Tackett, Superintendent**

**Vickie Wells, School Nutrition Director**

606-674-6314 ext. 6640

Nutrition/Physical Activity Information Contributor:

**Rob Yates, NE AHEC Intern**



# Physical Activity is Important!

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least 30 minutes a day.

## Moderate physical activities include:

- Walking briskly (about 3 ½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

## Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work (chopping wood, weed eating)
- Weight lifting (vigorous effort)
- Basketball (competitive)

Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

# Tic-Tac-Toe

Get fit this summer by challenging your friends and siblings to a friendly game of Tic-Tac-Toe. All you have to do is mark off these easy and fun exercises when you do them. Once you get three in a row you WIN!!!

## Tic Tac Toe Summer Outdoor Activities

Directions: Choose 3 activities below to complete. You must complete 3 activities in a row down, across or diagonal to win tic-tac-toe. Circle the activities you complete.

Make a list of items in nature and go on a scavenger hunt to find them.	Go on a hike.	Ride your bicycle for at least 15 minutes.
Play at three different playgrounds.	Learn a new outdoor game.	Fly a kite.
Take a brisk walk in a park.	Help with gardening for at least 15 minutes.	Build a sand castle or make mud pies.





**Don't forget to focus on your five food groups this summer. Here are a few important things to remember:**

- Your grains section should be at least half whole grain.
- Your protein section should be lean proteins
- Your veggie section should be varied
- Your dairy section should be calcium-rich
- Don't forget your fruit

<http://www.choosemyplate.gov/healthy-eating-tips.html>



While getting fit outside this summer, don't forget to protect yourself from the sun! Check out these quick tips:

- Apply sunscreen at least 30 minutes before going out into the sun
- Reapply sunscreen at least every 2 hours
- Always use sunscreen with an SPF of 30 or greater
- Try to avoid direct sunlight between 10 a.m. and 2 p.m.
- Wear sunglasses with UV protection
- Put on a baseball cap or a wide-brimmed hat
- Schedule regular skin exam appointments with your dermatologist
- Avoid tanning beds!

**80% of Lifetime sun exposure occurs before age 18.**

**Develop good sun safety habits as a child!**

# Pool Safety



**Swimming is a great way to get fit this summer. Keep these tips in mind so you can safely swim all summer long:**

- Ask your parent's permission before going in the water
- Only swim in areas supervised by a lifeguard
- Always swim with a buddy
- Avoid running on the pool deck
- Enroll in swim lessons if needed
- Wear a life jacket if you cannot swim

# Bicycle Safety

## Why is Bicycle safety so important?

Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is for transportation, not play. Every year, about 300,000

kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries.

A head injury can mean **brain injury**. That's why it's so important to **wear your bike helmet**. Wearing one doesn't mean you can be reckless, but a helmet will provide some protection for your face, head, and brain in case you fall down.



# Helmet On, Now What?

Riding a bike that is the right size for you also help keeps you safe.

- When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground.
- There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between you and the top bar.

Here's a safety checklist your mom or dad can help you do:

- Make sure your seat, handlebars, and wheels fit tightly.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and are not sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.

**BIKE  
SMART**



**WEAR A HELMET**

# Road Rules

If you're allowed to ride on the street, follow these road rules:

- Always ride with your hands on the handlebars.
- Always stop and check your traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections when you pull out between parked cars, drivers can't see you coming period.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. Never ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey traffic (red) lights just as cars do.
- Ride single-file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side and call out, "On your left!", so that they know that you are coming period.



# Cool School

Cool School is a program provided by the Bath County Schools in which a learning bus travels to various sites throughout the summer months. The bus allows kids to participate in educational activities with computers, play games, exercise and lunch is provided.

June – July

Monday through Thursday

Contact Kim Biddle with questions:

674-6314 ext. 6602

## Alert:

Due to COVID-19, there will be no Cool School for summer 2020.



# Don't Forget about Water!

In the hottest part of the year it is very important to drink plenty of water to stay hydrated and keep your body healthy!

## Why Our Bodies Need Water

Our brains are made up of 73% water. We need to stay hydrated to make sure our brain cells can function at the optimal level. Without enough water, our short-term memory and ability to do mental arithmetic are most affected.

Drinking enough water prevents our bodies from overheating.



Our lungs are made up of 90% water. Water helps them to process oxygen.

Water helps carry enzymes through our digestive tracts. This helps food to be broken down into essential nutrients and minerals.

Our bones are living tissues and even though they are hard on the outside, they are made up of 22% water.

Water also helps to cushion our joints. Our joints help us move around. It's important to take care of them to avoid sports injuries.

Water helps the blood and lymph system transport nutrients and minerals that are absorbed by the body. The blood and lymph systems also contain cells that are important in fighting infections, so it's essential to drink plenty of water when we have a cold.

Muscles are made up of approximately 75% water. The nervous system needs water to send electrolytes to the muscles. Without these electrolytes, we wouldn't be able to move.

TeachWater.com

# Summer Feeding Program

The Summer Feeding Program is a way for children to receive nutritious meals through the summer months when school is not in session.

Dates:            June – July  
                         Monday – Thursday

For more information contact:

Vickie Wells, School Nutrition Director

606-674-6314 ext. 6640

April Reed, Food Service Assistant



**Food That's In When  
School Is Out**

# FULL NAME WORKOUT

## Workout for beginners what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

**BATH COUNTY**



**WILDCATS**

**BATH  
COUNTY  
SCHOOLS**



**Where Every Adult Leads  
and Every Child Succeeds**