



Family Exercise Advice

Summer is a good time to focus on active family fun in the sun.

To find more family fitness time, plan and choose activities that fit your busy lifestyle. Try to set aside time three times a week for family exercise after work or dinner, or whatever fits everyone's schedule.

- Walk 15 to 30 minutes every possible day together.
- Walk your dog or a neighbor's.
- Bike or skateboard on safe routes.
- Plan exploratory hikes.
- Paddle a canoe or kayak to build muscle.
- Play catch, volleyball, tennis or pickle ball.
- Plan active vacations or weekend outings.
- Choose one family physical activity every weekend.
- Include home chores (rake leaves, wash the car, clean up the garden).



Did you know? Family Health and Fitness Day is June 12. Exercise for kids and parents is important for health. And pursuing fitness together can be fun, too. The American Academy of Pediatrics advises finding activities the whole family can enjoy. Celebrate this day — sponsored by the National Recreation and Park Association — by visiting a local park or other recreation area.

Smart Sipping

By Cara Rosenbloom, RD



Sugar-sweetened beverages have become the single greatest source of calories and added sugars in the American diet. We consume lots of sugar-rich sodas, fruit drinks, iced tea and energy drinks, and that's problematic because overconsumption is linked to an increased risk of heart disease and type 2 diabetes.

How much sugar is too much? The American Heart Association recommends no more than six teaspoons of added sugars daily for women, and nine teaspoons for men. A regular 12-ounce soft drink contains eight teaspoons of added sugar, so even one sweet drink per day is too much. Treat these beverages like candy and have one occasionally, but don't make them your daily drink of choice.

Sip smarter: Choose water most often. If you crave flavor, jazz it up by adding a squeeze of citrus (e.g., lemon, lime, orange), mint leaves, sliced cucumber, berries, fresh ginger or a cinnamon stick. Enjoy the color and fragrance.

Since coffee and tea are each 99% water, they are also good choices — just be aware of how much sugar you add and how much caffeine you consume. Try not to exceed 400 mg of caffeine per day. An eight-ounce cup of coffee has about 80 to 100 mg of caffeine, while a cup of green or black tea has 25 to 50 mg. Herbal tea and decaf coffee are caffeine-free choices.

Fruit juice comes with some cautions — even though juice is made from fruit, processing renders it devoid of fiber and high in sugar. Limit your daily fruit juice intake to four to six ounces, if you drink any at all. Vegetable juice is fine, as long as it's low in sodium and sugar.

Q: OTC sleep aids?

A: Over-the-counter (OTC) sleep aids are popular choices for sleeping difficulties. Here are the pros and cons of nonprescription drugs and dietary supplements commonly used as sleep aids.

Nonprescription drugs: Most OTC sleep aids contain an antihistamine, such as doxylamine or diphenhydramine. These antihistamines are used mainly to treat allergies and colds, and they cause drowsiness as a side effect. The sedation can aid sleep. But drug tolerance can quickly develop, so the drugs don't work for the long term. Drowsiness can also lead to confusion, falls or problems driving or operating equipment.

Dietary supplements: Lavender, chamomile, valerian and melatonin are some of the options for sleep. Side effects may include nausea, dizziness, headache or sedation. Ask your health care provider or pharmacist to check for interactions with other medications you're taking. Before purchasing a dietary supplement, get your provider's okay, and research brands carefully using reputable sources, such as consumerlab.com or usp.org. — Elizabeth Smoots, MD

Your Child's Wellness

As parents, you are vital to shaping your children's physical and mental well-being now and for years to come. First, be a role model. Show them the basics as often as possible: why and how to eat well and enjoy physical fitness.

Kids' EATING WELL BASICS:

Eat more:

- Fruits, vegetables and whole grains.
- Fat-free or low-fat milk, yogurt, cheese and fortified nondairy beverages.
- Protein-rich foods, including seafood, lean meats, poultry, eggs, legumes, nuts and seeds.



Limit processed food products with:

- Refined grains, saturated fats, butter, margarine and sodium.
- Added sugars and sodium found in pizzas, chips, crackers, sugar-sweetened drinks and desserts.
- Fast foods high in calories, saturated fat, refined grains and added sodium.

Note: These foods and beverages can be part of a healthy eating plan on a limited basis.



Kids' DAILY EXERCISE GUIDE:

- For preschoolers, try to ensure they get about three hours of physical activity spread throughout each day. Include a mix of light, moderate or vigorous intensity.
- For school-age children (ages six to 17), encourage at least one hour per day of moderate- to vigorous-intensity exercise, such as bicycling, walking, rope jumping, playing basketball or soccer.

REDUCE SCREEN TIME: Most adolescents in the U.S. aren't getting enough exercise as electronic screen time increasingly replaces physical activity. In a 2019 study researchers found that 85% of girls and 78% of boys failed to meet the recommended one hour of physical activity daily; data reported involved 1.6 million students ages 11 to 17.



VACCINATIONS: Make sure your child is up to date. From babyhood through old age, vaccines are effective protection from serious diseases. While the chances of your child getting measles, pertussis, or other vaccine-preventable diseases might be low, that's because vaccines work and have reduced the rate of serious illnesses. It doesn't mean your child can get by without the protection immunization offers if they're exposed.

What's more, ensuring your child is vaccinated, you are not only protecting your youngster but helping stop the spread of diseases. If you haven't already, ask your health care provider when your child can receive the COVID-19 vaccine.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://www.coronavirus.gov).

Smart Device Ergonomics

There are huge advantages to smart device technology, but it can also have a downside.

Your smartphone and tablet give you flexibility about where and how you work, and help you manage your personal business.



But your posture and how you hold these devices can become a pain in the neck — and in other parts of your body, too. For example, holding your phone up to your ear for a long time can cause sore shoulders, elbows and neck.

Research into smart device ergonomics (the study of people in their working environment) shows you can help prevent physical stress from extended use of your tools with these strategies:

- **Pay attention to how you are sitting.** Keep your head in a neutral position as much as possible and consciously relax your elbows.
- **Write fewer and shorter messages.** For a long text, use your computer if possible, or use talk-to-text dictation software when you can.
- **Instead of holding your phone** to your ear for long conversations, use a Bluetooth headset or another device whenever possible.
- **Use a cover** which also doubles as a stand for your tablet, so you don't have to hold it.
- **Take frequent breaks from your devices and stretch** with this exercise from the American Physical Therapy Association: Fold your hands together, turn your palms away from your body as you stretch your arms over your head. Hold for 10 seconds; repeat eight times.
- **And stand up** when using your devices to reduce long sitting spells.



June is Home Safety Month,

sponsored by the Home Safety Council, is a good time for families to review safety precautions in and around their homes. The Council offers a broad variety of safety resources, including its Top Ten Tips on preventing the leading causes of injury in the home (falls, poisonings, burns, fires and choking). Learn more at [homesafetycouncil.org](https://www.homesafetycouncil.org).



The **Smart Moves Toolkit**, including this issue's printable download, **Safety Room by Room**, is at personalbest.com/extras/21V6tools.

