



Canadian County
Health Department

CATCH the Fun Shedek Open Door!

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Coordinated Approach To Child Health

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CATCH (Coordinated Approach To Child Health) is an evidence-based, coordinated school health program designed to promote physical activity and healthy food choices. The program is currently being implemented in 21 After School Programs across Oklahoma.

By teaching children that eating healthy and being physically active every day can be **FUN**, the CATCH

Program has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime.

The CATCH Kids Club (CKC) brings healthy activities for children in PK-5th grade and is composed of nutrition education materials, including snack activities, and a physical activity component.



The CATCH after-school education enrichment program teaches children the nutrition knowledge, skills and self-reliance that empowers them to make healthy dietary and physical activity choices.



CATCH the Action

- ✓ **Seat Walk**-sit on the floor with legs extended in front. Fold arms at chest. Walk forward by alternating leg-hip movement.
- ✓ **Puppy Run**- run on all fours (hands and feet).
- ✓ **Hop**- on one foot at a time.
- ✓ **Leap**- jump from one foot, land on the other.
- ✓ **Bicycle**- sit or lie on back. Lift feet and circle legs.

Let's Get Moving...

Cold weather offers great ways to have family fun. Take time to play together— and move more. You'll all feel good! As an adult, you need to move for at least 30 minutes on most days. Your child needs at least 60 minutes of moving on most days.



Bundle up for outside play!

Get moving outside

- **Bundle up for snow play.** Create angels. Make a “snow family” - with a pet. go sledding. Climb a snow mountain. Make paths through the snow using colored water and a spray bottle.
- **Walk in the zoo!** See how animals look with their winter coats on. Talk about how they live in the cold weather. No zoo? Look for squirrel and birds during your walk in the park.
- **Decorate an outdoor tree for the birds.** Hand apples, pinecones rolled in peanut butter, or popcorn strings.

Cold Weather Fun!

Play Safe Outdoors!

- **Always stay with your child for safety's sake.** You also have the fun of playing together!
- Protect your child's skin with sun screen—even in cold weather.
- Check the safety and conditions of sleds and other play equipment.

Bring water if your family is outside longer than an hour.

When you move a lot, you sweat—even in winter!

In cold weather

- Cover your child's head with a hat, maybe earmuffs. A lot of body heat gets lost through an uncovered head. Choose carefully, because a hood can interfere with moving and seeing.
- Dress your child in layers for warmth. Be sure that he or she can move easily for fun and safety.
- Tie a scarf covering your child's nose and mouth to arm the air



Dress in layers for warmth!

- that's breathed in. Tuck the scarf inside the coat so it won't get caught in play equipment and choke your child.

Remember mittens or gloves and boots

CATCH UP!

The next few lessons we will be talking about are:

- ◆ Milk / Dairy
- ◆ Snack preparation activity
- ◆ Fast Food
- ◆ Fiber

**ask your kids what they learned about during our CATCH lessons.

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CATCH Extra

Healthy Tips for Heart Healthy Living

- ✓ Use more fresh fruits or fruits canned in their own juice.
- ✓ Use more fresh, frozen or canned vegetables and beans (legumes).
- ✓ Choose cereals, breads, and other foods made with whole grains.
- ✓ Use more fish and poultry.
- ✓ Use smaller portions and leaner cuts of red meats.
- ✓ Use more low-fat dairy products, including skim or 1% milk, low-fat yogurt, and low-fat cheeses.

SUPERSTAR SMOOTHIE

Ingredients:

2 pints low-fat
vanilla yogurt
2 ripe bananas
1 cup orange juice
1 cup blueberries,
strawberries, or
pineapple

Directions:

1. peel and slice
bananas.

Add the bananas,
orange juice, and

berries or pineapple to the
yogurt.

3. In a blender or food
processor, blend or mix
the yogurt, orange juice,
bananas, and other
fruit together until
smooth.

4. Pour into cups and
enjoy!



SUPERSTAR SMOOTHIE