



April Wellness Facts

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What Should my Child Drink?

Soda, power drinks, energy drinks – there are so many different drinks on the market today to choose. Are any of these drinks good for our children?

Kids need to stay hydrated, but it is not necessary to provide extra calories through beverages. The average child can get all the necessary nutrients and hydration by eating healthy foods and drinking plenty of water; even your child athlete!

Soda contains excess sugar, carbonation and caffeine, which can lead to weight gain.

Sports/Power drinks contain excess sugar along with some electrolytes like sodium and potassium.

For a sedentary child, sports drinks provide too many extra calories.

Energy Drinks are becoming very popular, especially with school-age children. They are high in calories and caffeine and provide no real health benefit. Caffeine is a stimulant that can cause nervousness and make it difficult for your child to concentrate.

Water is always a good choice for hydration!

Anytime Smoothie

½ cup juice
 1 cup yogurt
 ½ cup fruit
 4 ice cubes

Put all ingredients in a blender or a food processor. Use whatever kind of 100% juice, yogurt and fruit you like. Blend until smooth. Makes 2 servings.

Getting Active

If you do not participate in many cold weather activities, then it is time to get back out into the great outdoors. You may have even gained a little extra weight over those winter months. The key to weight loss is do longer, more frequent sessions at an easier pace. It will burn more calories. Even though vigorous exercise burns more calories per minute than an easy effort, an extra 15 or 30 minutes of easy exercise will more than make up the difference.

Go for a bike ride or a leisurely walk each night as a family. Stay active for at least 30 minutes.



Source: www.mayoclinic.com