

# FAMILY *Ties*



## Help Children

### ANSWER: GROW UP FIT

In spite of all the running and playing they do, many children do not get enough exercise. Today's children are growing up in a visually oriented, high-tech society with too much observation and not enough participation in physical activities.

But it's not too late to get these kids on the road to physical fitness. Adults can play an important role in helping their children become fit. A good start is to understand what it means for children to be physically fit.

Children are physically fit when they can:

- Walk, run, bike ride, swim and do similar activities for reasonable periods of time without becoming short of breath. This is **cardiovascular endurance**.
- Use large muscle groups, the ones needed for activities like walking, running, bike riding and swimming, for long periods of time without tiring. This is **muscular endurance**.
- Use the muscles in their upper body easily to pull themselves up in activities like climbing. This is **muscular strength**.
- Demonstrate flexibility in their body movements. This is **flexibility**.
- Maintain a healthy ratio of muscle to body fat through diet and exercise. This is **body composition**.

Wellness experts say these physical fitness components can be achieved by practicing the "FIT" Principle, which stands for frequency, intensity and time. Frequency refers to 30 or more minutes of moderate physical activity most days. Intensity means putting forth energy so the heart rate reaches 60 to 80 percent of its maximum rate. Time means keeping the activity going for as long as possible, ideally 20 to 30 minutes.

Parents can start by helping their children master simple activities and work up to activities that are more complex. Motor skills are learned in three steps. First, the child receives the information. Second, the child processes or interprets the information, and third, the child uses the right muscles for a response. The child needs to clearly visualize and understand the task. Parents can offer the child an experience at the simplest task of the sequence first, and then move to more difficult tasks.

Practice does not always make perfect. A child must be developmentally ready to take on a physical fitness challenge. He or she must be ready in terms of intellect, physical maturation and attitude. There usually is a gap between the age at which a child can perform a fitness task and the age at which he or she can do the task well. Adults must be involved in helping a child practice a skill while providing appropriate feedback.

Success builds more success. Provide activities that your child can master. It is also important to keep a balance between activities your child can do and those that are physically challenging."



Parents can provide a sampling of activities to round out their children's physical, social and mental development. A self-motivated child may be more suited for individual sports like running and swimming. A more low-key child may enjoy golf or recreational soccer. Any competition should be kept low-key and fun. In general, intense competition in sports should not begin until adolescence.

Most of all, be a positive role model and have fun together. Play with, but do not compete with, your child. Praise your child for the positive aspects of his or her performance, not the score. Do not use your child's involvement in a sports program to relive your own athletic past or to fulfill unmet goals. Instead, use sports as a way to teach your child about limits and strengths, goal setting and the importance of physical fitness activities for relaxation.

## NORTHWEST AREA *Family Newsletter*

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## Shopping FOR FOOD

The bounty of summer produce...tomatoes, green beans, cucumbers, corn... it tastes best fresh. However, maybe you'd like to preserve some of that summer goodness to enjoy all year. Whether you are experienced with canning and freezing or a beginner, it is a good idea to review the guidelines to make sure



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you are using a safe food preservation procedure. Home food preservation is not difficult, but ignoring recommended procedures can result in home canned products that can make you and your family ill. Plus, it's too much work to not do it right... follow recommended guidelines to get the best success.

## Tips

### FOR PRESERVING FOODS

- Start with the freshest produce possible. Plan your schedule so you can go to the Farmers Market or harvest from your own garden early in the day, leaving you ample time to do the canning or freezing.
- Use the right containers. For canning, regular and wide-mouth Mason-type, threaded, home-canning jars are the best choice. Mayonnaise or salad dressing jars are not recommended as there are more problems with unsealed lids and jar breakage. For freezing, use containers that are specifically labeled for freezing. This may be glass freezer jars, rigid plastic freezer containers or plastic freezer bags.
- Keep quantities small. It is best to can and freeze foods in pint or quart sized quantities. It is difficult to correctly process the canned jars in a larger size and freezing fruits or vegetables in larger quantities may not freeze quick enough, reducing the quality of the product.
- Low acid vegetables such as green beans, corn, beets, and carrots cannot be canned using the 'water bath' canning method. It is not a safe practice. Low acid vegetables must be canned with a pressure canner or can be frozen.



<https://www.extension.iastate.edu/healthnutrition/food/preservation/resources.htm>

This page has links to several ISU Extension publications that can be viewed on-line or printed. It also contains links to other reliable food preservation websites.

Some of the publications that may be helpful are listed below.

- o Canning and Freezing Tomatoes, PM 638
- o Canning Fruits, PM 1043
- o Canning Vegetables, PM 1044
- o Freezing fruits and Vegetables, PM 1045
- o Making fruit Spreads, Pm 1366
- o Making Pickled Products, PM 1368

These publications contain everything you need to know, plus some of them contain recipes. They are free publications that you can ask for at your local county ISU Extension office or view them online from the above website.

**Answerline** – Call for questions related to canning, freezing, drying foods.

Monday – Friday 9am – Noon, 1pm – 4pm

Or go to the Answerline website for an extensive list of frequently asked food preservation questions.

<https://www.extension.iastate.edu/answerline/>

Looking for an approved recipe for making salsa, dill pickles or pickle relish? The USDA Complete Guide to Home Canning <http://foodsafety.cas.psu.edu/canningguide.html>

The Ball Bluebook <http://www.freshpreserving.com/>

Despite what you may hear from a neighbor or even see on a TV cooking program, it is not safe to can vegetables in the oven, the microwave, or in a 'steam canner or steam pan'.

ISU Extension had a website on food preservation, that page is located at the following address:

## Disasters

### PREPARING FINANCIALLY

Review existing insurance policies for the amount and extent of coverage to ensure that what you have in place is what is required for you and your family for all possible hazards.

Store insurance policies, deeds, property records, and other important papers in a safe place, such as a safety deposit box away from your home. Make copies of important documents for a disaster supplies kit.

Think about the records you would want to take with you if you suddenly had to evacuate your home during a disaster. These records should go into a disaster supplies kit that you could grab either on your way out of your home or bring with you into the safe room if you go there. Consider making copies of all the records you have stored in your bank safe deposit box or home safe and put them in a portable, fire-resistant, waterproof box that you keep nearby at all times. (You might even want to keep irreplaceable keepsakes and photographs in this box.)

Send copies of vital records to an out-of-town friend or relative, as well as to anyone named in a document, such as a trustee or a beneficiary.

In addition, maintain a written and photographic inventory of your possessions, including model and serial numbers, so you can estimate the value of your property for insurance or tax purposes if it is damaged or destroyed in a disaster. Receipts provide even better proof. Put one copy of the inventory in a portable disaster supplies kit, another in your safe deposit box, and send a third to an out-of-town relative or friend.

When you take photos of your possessions or videotape them, remember to include your property's exterior, your vehicles, and the contents of your garage, closets, and attic. Don't forget inexpensive items as well as precious belongings. If you're videotaping, audibly describe the item, when you bought it, and how much it cost. Finally, get a professional appraisal of jewelry, collectibles, artwork, or other items that are difficult to value, and update the appraisal every two or three years. There are professionals who will videotape your possessions for a



reasonable fee; ask your insurance agent for a referral. Then, once or twice a year, go through your safe and disaster supplies kit to make sure your records are up to date. Be sure to update your records after making major purchases or completing major remodeling projects. Plan to keep a written record of events to help substantiate your expenses and losses to the insurance adjuster.

### CASH FLOW

Since power may be out after a disaster, ATMs and credit card processing machines may not be working. In addition, banks may be closed or you may not be able to return home. To get through this time, stash a sufficient amount of cash, traveler's checks, and a roll of quarters (to use in pay phones) in a disaster supplies kit that you keep at home and can get to quickly. To determine how much money to set aside, estimate how much your family would need for three days if you could not return home, the power remained out, or if you were unable to get cash from an ATM or bank.

It's also important to set aside extra money in an emergency fund. Many financial experts advise saving enough money to cover your bills for three to six months. Place the money in an account that you can get to easily, such as a bank savings account or money market account, and then leave it there until you face an emergency or unexpected expense. Consider depositing some funds in a financial institution that is outside of your local area to decrease the chances of it being affected by the same disaster.



Sources:

**Federal Emergency Management Agency**

[www.fema.gov](http://www.fema.gov)

**American Red Cross-** [www.redcross.org](http://www.redcross.org)