

## Health and Wellness

### Helpful Websites

[Healthier Generation](#)  
[Tulsa Play](#)  
[CATCH](#)  
[Yoga Ed](#)  
[Mayor's Fitness](#)  
[Challenge](#)  
[Oklahoma Fit Kids](#)  
[Good to Grow](#)  
[Health World](#)

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*"He who has health, has hope. He who has hope, has everything."*  
- Arabian Proverb

### OUR PARTNERS



Issue #5

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Tulsa Children's Museum - along with other museums across the country is responding to our nationwide childhood obesity epidemic by creating programs in health and wellness.

Childhood obesity has more than doubled in the past 20 years and according to the Centers for Disease Control and Prevention so have related diseases such as diabetes, high blood pressure, sleep apnea, growth disorders and depression. 30% of Oklahoma adolescents are overweight or at risk of being overweight and 61% of Oklahoma's adults are overweight or obese.

TCM has developed some exciting outreach programming. Our hope is to reach some of Tulsa's least advantaged children who are not regularly exposed to or able to afford many extra-curricular activities.

In this special Health and Wellness edition of our newsletter, you can learn more about our partners and plans for our outreach program, some exciting statewide programs, and ways that you can make a difference in your family and your community's health.

### TCM's Outreach Program

#### Yoga Ed By Anitra Lavanhar

Beginning this fall the Tulsa Children's Museum will be partnering with certified Yoga Ed. instructors to offer a series of Yoga classes at two local schools in underserved communities: Roy Clark Elementary and Bunche Early Childhood Development Center.



At Roy Clark Elementary we will be joining the YMCA and St. Francis's Shape



Down Program and we'll add yoga to their afterschool CATCH curriculum.

At Bunche Early Childhood Development Center we will offer the Yoga to 3 and 4 year olds during their regularly scheduled activity breaks.

TCM chose Yoga for our first outreach program because of the many benefits that children can utilize throughout their lives. Extensive research has shown that yoga has a positive impact on children with ADD/ADHD, on physical fitness and nutrition and academic performance.

Yoga is non-competitive, it helps develop physical skills and coordination. It also requires staying present, and helps kids develop their concentration, self-control and discipline. Kids learn how to balance and restore themselves by moving within. They shift out of the stressful "fight or flight" response to a place of creativity and enjoyment.

Yoga is also known to improve self-confidence and soothe emotional and physiological stress. All children experience stress in their lives, but it is especially apparent for children from at risk communities and it is often not addressed by other programs.

We are excited to bring Yoga to these schools and plan to document how it is received and how it effects the students. Our hope is to expand the program in the future.

## Health and Wellness

### Programs Close to Home

Here are a few organizations in Oklahoma that are doing wonderful work to improve children's health.



**Oklahoma Fit Kids Coalition** is a statewide, non-profit, organization that's goal is "to make a major contribution to the health and well being of all Oklahomans, including youth and families, by reducing childhood obesity through a comprehensive program of activities including education, collaboration and advocacy".

They promote public awareness through trainings, health fairs and by providing resources to schools, parents, teachers and communities.

Most recently they helped pass a bill that doubles the physical activity requirements for public elementary students from 60 min. per week to 120 minutes. (The surgeon general recommends 150 min.)

**The YMCA of Greater Tulsa** (one of our partners) has started a successful afterschool program using CATCH (Coordinated Approach to Child Health) curriculum at Roy Clark Elementary, Grove, Rosa Parks, Eugene Field and the YMCA.

The CATCH program focuses on children who are overweight, or suffering from conditions such as diabetes and asthma or low school performance. The children rotate between physical activity, games, tutoring and nutritional education. Research shows that the kids are getting healthier and doing better in school. It makes sense that when a person is feeling good and eating well he or she is going to do better in other areas too.

The Catch Program has also been implemented in BA public schools cafeterias. The foods are labeled with different colors corresponding to foods to eat often, in moderation, or very little. This way even kindergarteners can understand what is a healthy choice

## Children's Museums React

### Good to Grow

As children's museums across the country play the role of a trusted community resource, the Association of Children's Museums decided to take action to help families lead healthier lives.

In 2003, a consortium of ACM member museums created the *Good to Grow!* initiative.



Good to Grow! encourages children's museums to educate children and their families about health and wellness through conversation, exhibits and programming; make healthy options available and develop collaborations with other organizations to increase awareness.

## Children's Museums Model Health

### Sample Health and Wellness Programs

[Health World Museum](#) is an outreach program in Illinois and Arizona which brings programs to their community such as [Horsense](#), an after school horse riding program that includes lessons in safety, life skills and health. Health World educators also visit schools and provide interactive, hands on programs to promote health and wellness.

[The Chicago Children's Museum](#) offers an annual back to school health fair. The fair offers free eye and dental exams, health screenings, immunizations, and information on an All Kids health insurance.

[The Children's Museum of Indianapolis](#) has an exhibit called Health House which provides a fun and interactive way for kids to learn about making healthy choices.

[The Mississippi Children's Museum](#) has a health gallery where kids can travel through a giant mouth, small intestine, large intestine and stomach to get an up close view of our body. They can also take cooking classes and have fun ways to exercise and check their pulse to see the results of great fitness.

## Healthy Tips for Families

**Set a good example** - Children learn most by what is modeled to them, get active yourself. Activity does not have to be straight forward exercise, it can be playing with your kids or pets, playing catch or going for a walk.



**Play games** - Make sure they are games your child enjoys like hopscotch or hide and seek.

**Establish a routine** - Set aside time each day for activity - Ideally, adults need at least 30 minutes of physical activity most days, children need 60 min. Try to make it creative and fun. Let the child choose a different activity each weekend: hiking, swimming, skating.



**Limit/monitor TV/screen time** - When you are watching TV, get up and move, during the commercials or do some floor exercises while you watch.

**Give activity gifts** - This may include an activity party such as backyard olympics or relay races. Do a fun run.



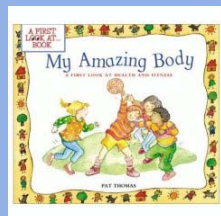
**Communicate with your community and advocate for healthier lifestyles/policies** - You can join the Oklahoma Fit Kids Coalition, or you can also join a Healthy and Fit School Advisory Committee and do what you can to help a school improve nutrition and physical activity policies and programs.



**Sign up for the "Go Healthy Challenge"** - You can learn about this at the "[Go Healthy Challenge](#)" website created by the American Heart Association and Alliance for a Healthier Generation.

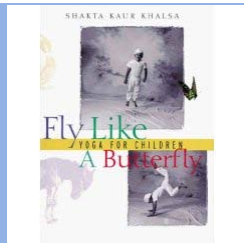
**Do the Mayor's Fitness Challenge** - Information can be found at Mayor Kathy Taylor's [Fitness Challenge website](#).

## Books on Health and Fitness for Kids

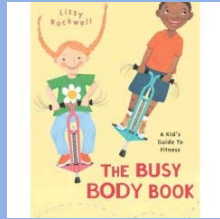


**My Amazing Body** by Pat Thomas is a lively picture book explores the importance of a good diet and plenty of exercise. It encourages kids to make positive decisions about caring for themselves. Kids discover that even healthy people get ill sometimes, but that our bodies have special abilities to protect us and restore our health. (Ages 4-7)

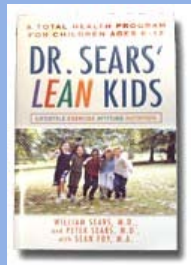
**Fly Like a Butterfly** by Shakta Kaur Khalsa is acclaimed by Yoga International Magazine as "the most comprehensive children's yoga book in the marketplace." It includes over 150 duo-tone photos of children ages 3-9 enjoying yoga exercises, clear and



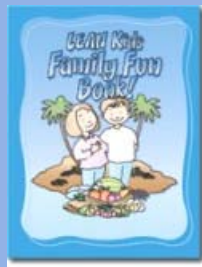
engaging instructions that children themselves can read or be read to and imaginative yoga stories that are interwoven with yoga exercises. There are also instructions for teachers and parents, including tips on yoga for children of all ages.



**The Busy Body Book** by Lizzy Rockwell explains how your bones, muscles, heart, lungs, nerves and brain all work together to keep you on the go. The book includes colorful pictures of kids busy on scooters and rollerblades, running, stretching, catching and throwing in the park; then come full-page diagrams of skeletons, clearly labeled and packed with exciting scientific facts. (Ages 3-8)



**Lean Kids** by Dr. William Sears is an easy to read book that covers everything you need to know to help your child begin living lean. Dr.Sears shares his own personal experience as an overweight child and why our country is seeing such a rise in obesity in children and what we can do about it right in our own homes. This book is specifically for children 6-12 years old and their families.



**Lean Kids Family Fun Book** by Dr. William Sears allows your child to take an active role in learning to live lean. This booklet is filled with fun and interactive activities that he/she can work through independently or with an adult. It includes coloring pages, games, puzzles and activities that help your child have a better understanding about healthy habits through hands-on learning.

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