



WELLSAID.

IN THIS ISSUE: *Healthy Kids • Tech Neck? • National Breastfeeding Month • Summer at Work!*



Healthy Habits for Healthy Kids

Healthy eating and physical activity are essential for children of any age. Although most of us know that it's a good idea to eat healthy food and move more, it isn't always easy to do. Children aren't likely to change their diet and activity habits on their own. It's up to you to make it easier for your family to make healthy choices.

PARENTAL ROLES

Parents are very important in terms of arranging an environment and setting a model for healthy or unhealthy behavior. Parents bring foods into the house. They control how much time a child can watch TV. They control what kinds of social activities are paired with foods. And kids learn a huge amount about eating and physical activity from watching and imitating their parents.

Getting young ones to accept fruits and vegetables can be a challenge. Some experts note that kids typically

taste a new food 9 to 15 times before accepting it. If your child doesn't like a new food right away, stay positive and keep trying over time.

Children under the age of three tend to stop eating on their own when they're full. But after age three, the more you put on their plate, the more they'll eat. Make sure to give your kids child-size portions.

FIND TEACHABLE MOMENTS

Take opportunities to teach young children about feelings of fullness. If your child asks for another helping, instead of saying, 'No, honey, you've had enough,' try saying something like, 'You must really be hungry tonight,' to raise their awareness of their feelings. Or when they stop eating, say, 'Oh, you must feel full now,' to help teach about hunger and feeling satisfied.

Several studies show that parents can effectively influence healthy behaviors

by talking in a positive way or avoiding certain situations altogether. It's easier to create an environment in the home where there's limited access to unhealthy foods and lots of access to healthy foods.

Experts recommend that most kids get at least an hour of moderate to vigorous physical activity each day. Parents can help by limiting TV and computer time to no more than one or two hours per day.

When it comes to food and physical activity, what you say and do around your children can have a lasting effect. Work together as a family to make healthy habits easy and fun.

HELP FORM HEALTHY HABITS

- »» Be a role model. Cook and eat healthy family meals together. Avoid snacks and meals in front of the TV.
- »» Make healthy choices easy. Put nutritious food where it's easy to see. Keep games and sports gear handy.
- »» Focus on fun. Play in the park; walk through the zoo or on a nature trail.
- »» Limit screen time. Don't put a TV in your child's bedroom. Walk or ride bikes instead of watching TV or surfing the Web.
- »» Check with caregivers or schools. Make sure they offer healthy foods, active playtime, and limit screen time.
- »» Change a little at a time. If you drink whole milk, switch to 2% milk. If you drive everywhere, try walking to a nearby friend's house or store.

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*What we see changes what we know.
What we know changes what we see.*

~Jean Piaget

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CONTINUED

TECH NECK?

Reverse it with these 5 stretches



CHIN TUCKS—10 REPS



EXAGGERATED NODS—5 REPS



BOUND NECK ROLLS—10 REPS



WALL ANGELS—5 REPS



DOWN DOG—5 REPS

BENEFITS OF BREASTFEEDING

For Mom

- Breastfeeding burns extra calories each day helping mothers return to pre-pregnancy weight quicker.
- Women who breastfeed have lower rates of developing breast and ovarian cancer.
- Reduces the risk of postpartum depression and creates a unique bonding experience for mom and baby.



For Baby

- Breast milk is rich in nutrients and the perfect natural food for babies.
- Antibodies in breast milk help babies fight off viruses and bacteria while protecting them from various diseases
- Children who were breastfed as babies have lower risks of developing ear infections, respiratory infections, allergies, and diabetes.

American Academy of Pediatrics

Bring SUMMER to work!

Take it outside. Bring your meeting for a walk or schedule a team lunch at the picnic table. Try a new ride to work — got a bike?

Eat fresh. Pack a rainbow of fresh fruits and veggies in your lunchbox. Organize a salad “swap” with your coworkers. Scout out local farmers markets near your work for a quick snack or to grab last minute ingredients for dinner.



Challenge yourself. Get your steps in — walk over to a co-worker instead of emailing, use the stairs, use the bathroom on the other side of the building, walk on your break or at lunch. Invite co-workers into a friendly competition.

Bring it inside. Add some bright colors to your day (hot pink post-its?), put a plant on your desk, even a picture of nature can put you in good spirits.



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