

For Nebraska Kids: July 12, 2008

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### **Wanted: Healthy Kids**

Hey kids! Would you like to know how to stay healthy and avoid getting sick? Everyone would right? There is one disease that would definitely be a bad thing to get. That disease is diabetes. It is a lifelong illness and sometimes needs daily shots to manage it. 1 in 3 kids are at risk of getting it, so to reduce your risk of getting diabetes try these 3 easy steps:

**Eat Healthy Foods:** Start by checking out the websites listed below to find some fun ideas for meals and snacks that are not only healthy, but fun and delicious! Check out the food pyramid to get an idea of how much of each food group you need to eat to stay healthy. Although chips, pop and candy taste good, you will find that they will not give you the good nutrition you will need to be healthy and avoid illnesses such as diabetes. And remember to drink lots of water. 6-8 cups a day plus more when exercising and when its hot outside.

**Move More:** Start by thinking of those things you enjoy that involve moving, like walking with a friend, playing at the park, swimming, playing catch in the back yard....anything that you find fun that will get you away from the TV and the couch, and get you moving. Kids need at least an hour of exercise every day, depending on your age. An added benefit is to exercise in the sunshine and fresh air.

**Know Your Numbers:** You must see your doctor for a routine check up to find out what your blood pressure, blood sugar, weight and cholesterol numbers are. Yes! You don't have to be old for any of these numbers to be too high and put you at risk for diabetes.

So come on! Get started today and have some fun! Call a friend and take action now to stay healthy and avoid diabetes! It's as easy as 1 - 2- 3.

[.kidnetic.com](http://www.kidnetic.com)

[.mypyramid.gov/kids](http://www.mypyramid.gov/kids)

<http://www.mypyramid.gov><http://www.schoolwalk.diabetes.org><http://www.fruitsandveggiesmatter.org>[.123ActionNow.org](http://www.123ActionNow.org)