

For Nebraska Kids: November 8, 2008  
Contact Person: Sandy Keller, RN  
Lincoln-Lancaster County Health Department  
441-4605

### **Kids, Ya Gotta Move It!**

Hey Kids! If you want to be healthy and fit and avoid getting sick, you have to move more! In the past, mostly adults got type 2 diabetes (dye-uh-be-tees), which is a health problem that messes with the way your body uses glucose (gloo-kose). Glucose is a sugar that is your body's main source of energy. Being overweight can put your blood glucose at an unhealthy level and make you more likely to get type 2 diabetes and other health problems. And being overweight slows you down! Experts say that poor food choices and too much screen time (TV & video games) is a big part of this problem. So, it is very important to exercise to keep your body weight and your blood glucose at a healthy level. Your job, and it's a fun one, is to choose what *you* would like to do to move your body more!

Here are some fun ideas to help you choose, and check out the super cool websites below for more ideas!

Play outside everyday in the fresh air  
Play team sports like baseball and softball  
Jump rope with your friends  
Walk your dog (they need exercise and fresh air too!)  
Run and play games like tag and hide-and-peek  
Ride your bike with a friend or with your family  
Rollerblade or ice skate

Staying active is a good choice. The more active you are, the better you feel! So come on! Get up and get moving today so you can avoid getting type 2 diabetes. You don't have time for that!

[.kidshealth.](#)

[.kidnetic.](#)

[.dole5aday.](#)

[.mypyramid.](#)

[.123actionnow.](#)