FYI Connections

A monthly newsletter for Tuscarawas County families.

February 2010

A community collaboration promoting wellness and fitness for children and families.

Vision
Community Environments that promote and support healthy lifestyles of children and their families.

Mission
To improve the health of children and their families through the promotion of healthy weight and fitness.

Organizations represented in FYI:
American Cancer Society
American Diabetes Association
American Red Cross
Claymont Schools
Dover City Schools
Dr. Timothy McKnight
Garaway Local Schools
HARCATUS Head Start
Indian Valley Schools
Kiwanis
Dr. Michelle Levitt
Nationwide Insurance
New Philadelphia City Schools
Newcomerstown Schools
Norma Johnson Center
Ohio State University Extension/4-H
Super Fitness/Thin & Healthy's
Total Solutions
Strasburg Schools
Tuscarawas-Carroll-Harrison Educational Service Center
Tuscarawas County Board of Developmental Disabilities
Tuscarawas County Dairy Farmers
Tuscarawas County Health Department
Tuscarawas County Parks Department
Tuscarawas Valley Local Schools
Twin City Hospital
Union Hospital
WIC
YMCA

Sponsors:
FYI activities are funded through grants and local sponsorship.

For more information about Fit Youth Initiative contact:

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Tuscarawas County
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Choose Health with 4-H

Submitted by: Barb Airgood, 4-H Program Assistant, OSU Extension

Learning to make healthy choices is at the core of 4-H youth development's basic values. **"Health"** is, after all, the 4th **H**, following **H**ead, **H**eart, and **H**ands.

Maintaining healthy habits is often a challenge for today's families. With increased screen time and less daily play, many children and families are more sedentary than ever before. Coupled with a decrease in family meals and increased intake of empty calorie foods and beverages, it is easy to see the reasons for today's childhood obesity statistics.

There are, however, many good, simple and fun ways to overcome the statistics and stay healthy together. One way is by becoming a member of 4-H and choosing health and fitness related projects. A variety of 4-H projects encouraging healthy lifestyles are available to members, including Keeping Fit, You're the Athlete, Alcohol Decisions, Tobacco and You, and an array of foods and nutrition projects. New projects this year include the first of a three part sports nutrition series which includes food preparation activities.

Make a healthy choice in 2010, join 4-H! As the primary youth development arm of The Ohio State University, and 6.5 million members nationwide, 4-H is the largest non-formal educational youth outreach program. 4-H offers over 100 research based projects with a variety of interest learning topics. Programming is available for youth, grades K-12. For more information, contact the Tuscarawas County Extension office at 330-339-2337.

We want YOU and YOUR FAMILY in the "Run For Home"!

Plans for the 2010 Run for Home event on Sunday, April 18 at Tuscora Park are well underway. The 2010 event offers something for everyone including a new five mile walk!

This year the Run for Home team has partnered with the Road Runners Club of America and Kids Run the Nation to offer free training sessions that are geared for children (K through 8th grade) and families who are interested in learning the basics about running.

Six training sessions will be held at the Tuscarawas County YMCA from 8:30 – 9:30 a.m. beginning on Saturday, January 30. Each program will begin with a class geared to all ages; the first class is entitled, Set Your Goal and Go! Classes will be followed by a group activity/run onsite at the YMCA. The goal of the group run and training sessions is to prepare kids and families to participate in the one mile portion of the Run for Home event. Handouts, educational material, and prizes will be available.

To register or for questions, visit www.unionhospital.org or call Union Hospital's Department of Community Health and Wellness at 330-602-0778. Future training session class dates may also be found on the website.

Local Event Highlights

Upcoming programs presented by FYI and its member organizations.

Kids Fit at Super Fitness at the New Towne Mall —Fun activity for 4-12 year olds beginning Saturday, February 6 and continuing through March 13 at 11:00 a.m. each week. This is a great opportunity for physical activity and a break from the mid-winter blahs. Free for all children in the community!

Healthy Tusc Winter Hike —Saturday, February 13 from 11-1 at Schoenbrunn Village. Enjoy this Valentine's Day weekend event with your family, experiencing the beauty of winter together and giving your hearts a workout. Guided walks for a short or long hike will be given every 15 minutes. Warm up afterwards with ham and bean soup and cornbread. Hands-on indoor activities for kids of all ages, winter raffles and goodie bags included. Free to all! Event cosponsored by Leadership Tuscarawas Class of 2010.