**Facebook Posts**

**Current Events**

Listen to the latest episode of PediaCast “Racism is a Public Health Crisis” now! Dr. Jordee Wells and Dr. Fareeda Haamid join the podcast to discuss why racism is a public health issue. What does this mean and who suffers the consequences?

<https://www.pediacast.org/racism-public-health-crisis-pediacast-464/>

**Exercise and Nutrition for Children and Adolescents**

How much physical activity do kids need each day? Check out some of the different ways to keep your child active.

<https://healthychildren.org/English/healthy-living/fitness/Pages/Making-Fitness-a-Way-of-Life.aspx>

Parents play an important role in helping their kids be more physically active. Exercise along with a balanced diet provides the foundation for a healthy, active life. Here are 11 ways to get started:

<https://healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx>

Did you know the daily recommendation for physical activity for children 6 years and older is at least 60 minutes per day? *​*Physical activity in children and adolescents improves strength and endurance, builds healthy bones and muscles, develops motor skills, reduces fat and promotes emotional well-being.

<https://healthychildren.org/English/healthy-living/fitness/Pages/Energy-Out-Daily-Physical-Activity-Recommendations.aspx>

Nearly 1 in 3 children in America is overweight or obese. **Whether you have a toddler or a teen, nutrition is important to your child’s physical and mental development. Here is what children need - no matter what the age.**

<https://healthychildren.org/English/healthy-living/nutrition/Pages/Childhood-Nutrition.aspx>

The whole family can be involved in creating a healthier and more active lifestyle. To lead a healthy life, families can strive to reach these four goals: 5 fruits and vegetables a day, 2 hours or less of screen time per day, 1 hour of physical activity a day and 0 sugar-sweetened drinks.

<https://healthychildren.org/English/healthy-living/nutrition/Pages/Healthy-Active-Living-for-Families.aspx>

A healthy diet is so important for you and your family, and MyPlate can help you build healthy eating habits, one goal at a time! Download the “Start Simple with MyPlate” app to pick daily food goals, see real-time progress and earn fun badges along the way.

<https://www.choosemyplate.gov/>

Eating right is an important part of life for young athletes. Getting the proper nutrition before and after a workout, practice, or game is essential for helping to prevent injuries and perform at an optimal level.

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2016/07/healthy-eating-for-young-athletes>

We've all set resolutions that deal with our physical health, but what about for our mental health? Keeping our brain in shape is just as important as physical fitness. The On Our Sleeves team at Nationwide Children’s Hospital has tips for you and your family to help stay mentally fit. #OnOurSleeves

<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/get-mentally-fit>

Summer is here and it’s the perfect time to get outside and ride your bike! Riding bicycles is a great way for families to have fun together, but it can also be dangerous. Every year, thousands of children are injured in bicycle crashes. You can prevent serious injuries by wearing a helmet.

<https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/injury-topics/sports-recreation/bicycle-helmets>

**Sports Physicals**

Back to school, back to the doctor! The American Academy of Pediatrics encourages all children to get annual sports physicals whether or not one is required for them to participate on a team or extracurricular activity. These can be scheduled at the same time as tan annual wellness exam. The sports physical is an opportunity to address exercise-specific issues, like injuries, nutrition and training programs. <https://healthychildren.org/English/ages-stages/gradeschool/school/Pages/Back-to-School-Back-to-the-Doctor.aspx>

## You don’t have to play an organized sport to be an athlete. Here’s why all middle-school through college-aged kids benefit from a sports physical during their well-child visit: <https://healthychildren.org/English/healthy-living/sports/Pages/Sports-Physical-PPE.aspx>

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