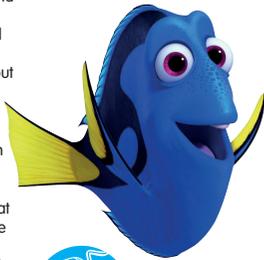


A Picture of Health

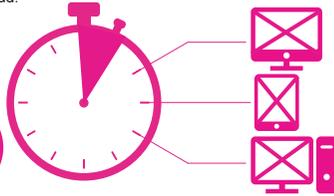
In Public Health we look at the way people in Tameside live as a whole population. This helps us understand what the main health and wellbeing challenges are for people living here, so we can look for ways to improve levels of health. We'll be sharing facts and figures about health in Tameside with you every month, to put you in the picture. We'll also be giving you information on how you can help yourself and the people around you to live well.

In focus this month: Children and Physical Activity

1 School's out for Summer, and as any parent will tell you, keeping the kids entertained over the holidays can be exhausting. Wearing them out by day might give you some peace by night, and being active helps kids maintain a healthy weight. It's a win win situation! If your kids love Disney (and let's face it, we all love Disney!) take a look at Change4Life's new 10 Minute Shake Ups. Finding Dory is this year's theme, and there's plenty of inspiration to get little feet moving this summer.



2 So you're keen to get your kids active, but how much is the right amount? During the summer holidays they'll be busy all day, but it's important that this doesn't trail off when the new school year starts. Children need an hour's activity a day to build strength, agility and flexibility. If finding an hour between school, tea, bath and bedtime is tough, try limiting screen time. Kids who play more and watch less report higher levels of happiness, so whether it's a computer, TV or tablet, get them to switch off and go and do something active instead.



3 So what kind of activity is good for developing children? Whilst most activities will do them some good, kids tend gravitate towards fun stuff that feels like play, like bouncing, bopping, skipping and hopping. Activity that fuels their imagination is likely to get them moving the most, and it's even better when friends can join in too. Active play helps build bodies, minds and friendships, click here to find out more.



4 It seems a bit mean that the shops display back to school sales when the holidays have only just begun, but those six weeks will fly by. Once all the summertime fun has ended, how can you keep up the momentum? Building physical activity into their daily routine is the best way to make sure they keep on moving, and could benefit you too. If you usually take the car or bus, think about walking them to school once a week instead. You can even build words and number into the journey, like counting cars or reading the destinations of buses, to start learning before the school day begins. Find out more at Living Streets, by clicking here



5 In Tameside, we're lucky to have a plethora of pools for your little ducklings to dip in, and our schools ensure children learn to swim from an early age. If you fancy a little extra curricular splashing though, now's the time to dive in. Active Tameside is running a summer of swimming fun with Finding Dory themed family events at Copley and Hyde pools. There are free Dory swim bags up for grabs, and a chance to win £250 worth of prizes with a fishy little photo competition.



6 Whilst young children are brimming with energy, physical activity tends to peter off as they reach double figures. This is especially so for girls. The reasons are varied, and can include becoming more body conscious, school work becoming more intense, or simply growing out of the activities that once interested them. Finding physical activity that a young person can feel a sense of achievement in can help them stick with it, and can even open doors for opportunity later down the line. Cheerleading and street dancing and might seem a bit more cool than traditional track and field sports, and are available nearby from a number of dance schools and clubs. Check out TCA Tycoons, who just returned from a competition in Florida with a first place trophy. If that's not enough to get your teen excited nothing is!



7 By the end of the holidays most parents' pockets will be well and truly rinsed, so finding free outdoor activity that doesn't cost the earth could eek out the fun. There is plenty of opportunity to get physically active with Tameside's Kids In The Environment (K.I.T.E) sessions, based on forest schools. Activities include muddy fun, pond skimming, bushcraft, and safe exploration of nature and the environment. These free sessions are led by our inspirational country wardens. Whilst the summer holiday sees extra activities like organised scavenger hunts, the sessions run all year round, come rain or shine, and are a great way to keep kids moving. Being in the great outdoors is also good for your mental wellbeing.



8 If your child has additional needs, physical activity and physiotherapy may play a large part in the management of their condition. Active play with other children is a fundamental part of childhood, there's no reason for any child to miss out on the fun. If you have a child with additional needs, click the link for some ideas of games they can play with any of their friends, irrespective of their level of ability.



9 Babies need to take part in physical activity too. They need space to wriggle, kick and wave to help build muscle and stimulate their brains. That means keeping time spent strapped in car seats and high chairs to a minimum, and getting them up and out as often as possible. Tummy Time, placing baby on their front, will help them learn to lift their head, roll over and in due time, crawl, making way for standing and walking. If they're not walking yet, enjoy it while you can. Once they're up on their feet young toddlers need three active hours a day. But they don't need to run a marathon, this can be broken up into shorts bursts over the day.



10 As adults we're often being told that we need to exercise more to stay well, but for young people too much of a good thing can have a detrimental effect. Teenagers need calories to fuel their bodies through a period of big change. Overdoing it can burn off needed nutrients and prevent them developing and functioning at their best. Excessive exercise can occasionally be a tell-tale sign of an eating disorder, so parents need to be vigilant if their son or daughter seems to be pre-occupied with working out. Read this blog from Young Minds to understand how exercise can become a problem.



11 When you have young children it's tempting to put your own health on the back burner, but with all the energy you'll need to keep up it's important to stay fit and well. If you want to go to the gym but don't fancy a workout with a baby strapped to you, Active Tameside provide a crèche Monday to Friday, so parents can enjoy classes knowing their little one is being looked after. Or if you'd rather work out with your baby, Buggy Walks take place across Tameside every week. They're fun and free, and give you a chance to meet like-minded parents. Click here to see what's on for parents and tots over summer.

