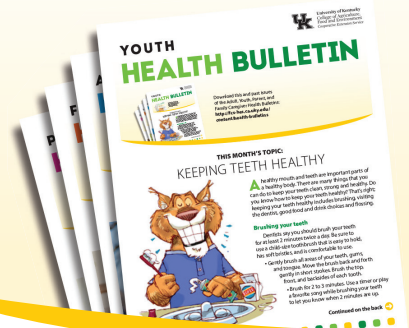


# YOUTH HEALTH BULLETIN



**OCTOBER 2024**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

**THIS MONTH'S TOPIC**

## GET ACTIVE WITH SPORTS!

**W**hat is your favorite sport? There are lots of sports to choose from: team sports like basketball, baseball, tennis, or lacrosse, and individual sports like swimming, cross-country, gymnastics, or archery. As well as many more! Each sport has its own set of rules and special skills to learn, but most sports have a few things in common. They help kids to be active, move their bodies, and have fun! See if you can name a sport or activity that starts with each letter below:



- A: \_\_\_\_\_
- C: \_\_\_\_\_
- T: \_\_\_\_\_
- I: \_\_\_\_\_
- V: \_\_\_\_\_
- E: \_\_\_\_\_

Continued on the next page →



➔ **Continued from the previous page**

It is important for kids to move their bodies at least 60 minutes — or 1 hour — every day! Being active helps your bones to be strong, your muscles to be powerful, and your organs to work the way they should. To put it simply, our bodies are made to move. It feels good when we run, jump, and climb!

Sports are good for your body, but more than that, you can learn skills like teamwork, how to make a plan and follow through with it, and how to be a good winner and loser. Playing sports can also help with focus, memory, and coordination. Have you ever had an idea in your mind about how you want to move (like being able to jump and kick in the air), but you couldn't make your body move that way? Sports help your mind and body work together better.

Are you thinking of trying a new sport? It is great to try new things! You may feel a bit nervous or unsure, but there are lots of sports out there to try. If you are signing up for a new sport, your coach will be a great help. They will teach you the rules and the skills you need to learn to play well. Your teammates will help encourage you and show you how to play. Your parents or siblings can even help you to practice at home to learn even faster.

We make a Great team!



**Fill in the blanks below, then talk to your parent or caregiver about getting involved in a sport this year.**

These are the sports I have played:

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I would like to play this sport on a team:

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I would like to keep playing this sport:

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If I could try a new sport, I would like to try:

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**REFERENCE:**

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Children-And-Sports-061.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Sports-061.aspx)

GOOD GAME!

Win OR Lose... FLAG FOOTBALL is ALWAYS Fun!



**ADULT HEALTH BULLETIN**

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