

**Ann & Robert H. Lurie Children's Hospital of Chicago
Children's Wellness and Weight Management Program**

The information below was developed by Julie Adams, MS, RD, LDN and Kavitha Selvaraj, MD, MPH, MAEd from the Lurie Children's Wellness & Weight Management Program, of Ann & Robert H. Lurie Children's Hospital of Chicago. You can access the Wellness & Weight Management Program's website at: <https://www.luriechildrens.org/en/specialties-conditions/pediatric-wellness/>

Listed below are some ideas for healthy eating, activity and wellness to help you find ways to improve your family's "sheltering-at-home" experience.

Top 10 Tips For Healthy Eating During Covid-19 and Beyond!

1. Replace soft drinks, fruit juices, sports drinks and other sugar-sweetened beverages loaded with sugar with water, low-fat milk, or sugar-free drinks.
2. Maintain structure in your day. Get up at your usual time and eat 3 balanced meals spaced 3-4 hours apart.
3. Try to include a serving of protein + a fruit, vegetable or whole grain at each meal. If it's a longer wait between meals, include a snack with 1oz of protein + whole grain, fruit or veggie.
4. Spend the extra time at home getting creative in your kitchen! Check out Kid-friendly recipes at <https://pbs.org/lunchlab/food>.
5. Use what you have on hand, whether it's fresh, frozen or canned. Need to use that bag of frozen broccoli? Simply Google "healthy broccoli recipes" to discover new ideas. Pick those with little to no added sugar, sodium and saturated fat.
6. When you are able to shop, choose a variety of healthy choices like cut up veggies, fruits, whole grain crackers and nut butters. Skip the chips and feel more satisfied.
7. Aim to eat at least five servings of fruit and vegetables a day. The fiber will fill you up and the abundant nutrients will boost your immune system.
8. Try the Start Simple with My Plate app. It offers food tips, meal ideas and a personalized plan to meet goals for eating fruits, vegetables, grains, protein and dairy foods.
9. Make healthier fast-food choices. Pick a small, grilled "open-faced" sandwich instead of a large, fried one with both buns. Eat a side salad instead of fries. Skip the soda. Better yet, avoid fast-food places and cook at home whenever you can.
10. Eat when you're physically hungry. If you're tempted to eat because you're bored, that's your mind telling you to find something else to do. Screens and eating don't mix.

Activity suggestions:

- Go outside for a family walk or bike ride. Make sure you stay 6 feet from other people! Start small (15 minutes per day, 3 days per week), and as that gets easier, gradually add one more day per week until at goal of 7 days per week. Then gradually increase by 5-10 minutes per session.
- Walk the dog. Both humans and dogs need active time!
- Put on YouTube and do videos - dancing, Zumba, yoga, aerobic workouts.
- Play music and have a family or solo dance party!
- Play an active video game like Just Dance, Wii Fit U, Xbox Fitness, Shape Up, or Dance Central Spotlight.
- Toss around a beach ball inside the house.
- Kids and adults of all ages can get silly and sweaty with active games. Jump rope! Hula hoop! Tag! Hopscotch! Tug of War!
- Have stair races.
- Stand up during TV commercial breaks and jog in place or do jumping jacks.

- Make an indoor obstacle course! Type "indoor obstacle course" into images.google.com for ideas and inspiration.
- Do lunges, push-ups, squats, stairs, and/or running in place for 30 seconds.
- Look for free or gently used exercise equipment (treadmill, stationary bike, stepper) and use that while watching your favorite TV show.
- Do muscle-building activities 3 times weekly for 20-30 minutes. Buy some hand weights or resistance bands so you can do this at home. Start with very light weights -- or maybe even by holding a ball or partially filled water bottle in your hands. Do exercises in sets of 10 repetitions x 3 sets. Take a brief break between sets to let your muscles rest.
- This is a great time to do some spring cleaning or other housework!
- For tips on how to get outdoors safely during this time, read the article "Getting Children Outside While Social Distancing for COVID-19" at <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Getting-Children-Outside.aspx>.

Wellness suggestions:

- We know that you will be on screens more than usual during this time, and that's ok! But make time every day for activities that don't involve screens. Ideas include reading, drawing, coloring, board games, puzzles, journaling, playing with your pet, helping to cook, learning a new hobby, and physical activity. The list is endless!
- There is a lot of stress, anxiety, and uncertainty in our world right now. If you are feeling sad, stressed, or worried, here are some ideas to help you feel a little calmer.
 - Download a meditation app to help with stress management and anxiety. Popular services include Headspace; Calm; 10% Happier; Insight Timer; Stop, Breathe & Think; and Meditation Studio, and many of these options have free or trial versions.
 - Flip the switch from being stressed to relaxed with deep slow breaths. Try the Box Breathing technique. Breathe in for 4 counts, hold the air in your lungs for 4 counts, breath out for 4 counts, and hold your lungs empty for 4 counts. Do this 10 times and you will feel much more relaxed after moving your concentration from your worries to your breathing. Yoga, martial arts, and meditation also teach great breathing skills.
 - Do something active. Go for a walk, put on a yoga video on YouTube, or let loose on a punching bag.
 - Creative outlets like art, music, poetry, singing, and dance are powerful ways to let your feelings out.
 - Talk to a parent, trusted adult, sibling, or friend who will listen and whom you can ask for advice.
 - Write out your worries in a journal.
 - Let your emotions out through laughter or crying.
 - Clear your mind with deep breathing, yoga, meditation, prayer, or a long warm bath/shower.

For more suggestions of ways stay happy together as a family during this time, read the article "Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home" at https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx.

Ways to Stay Active at Home

- ❖ **Jump Rope:** Jump in the hallway or outside on the sidewalk. If you don't have a jump rope, you can always pretend!

- ❖ **Beach Ball:** There are endless ways to play with beach balls indoors. Try to keep the ball off the ground or just play catch.
- ❖ **Obstacle Course:** Create an obstacle course in your home or take chalk and make a course outside.
- ❖ **Dance Party:** Move the furniture aside, load the dance tunes, dim the lights and let the kids take turns using a flashlight as a strobe light.
- ❖ **Jumping Jacks:** Try to break your jumping record each day!
- ❖ **Hopscotch:** Create the game using tape indoors or chalk outdoors. Never played? Check out this video!
<https://www.youtube.com/watch?v=fZzswQaICfM>
- ❖ **Jog/walk up and down stairs:** Start small and add a flight or two each week!
- ❖ **Scavenger Hunt Walks:** Make a list of sights and scenes in your neighborhood (fire hydrant, stop sign, cross walk, park bench, etc.) See how many you can find on family walks in the neighborhood!
- ❖ **TV commercials fitness breaks:** Do simple exercises like squats, push-ups, and sit-ups until the show comes back on.
- ❖ **Walk the dog:** Don't have a dog? Ask your neighbor or friend if you can help.

Strength-Building Exercises

Alternate between upper and lower body workout days.

Build up to 3 sets of 12-15 reps each.

Lower Body

1. Bench step-ups: Step right foot, then left, up onto a low bench, then step down. Switch your starting side with each set.

2. Lunge Pulse: Take a big step forward with one leg, bending at knee. Make sure your knee doesn't go past your toes. Your back leg should dip somewhat close to the ground. Repeatedly pulse and switch to the other leg

3. Calf raises: From standing, lift up onto your tiptoes, hold and lower again.

4. Chair Squats: Stand in front of a chair with feet shoulder-width apart, toes pointed forward. Slowly bend knees, pushing hips back as if sitting. Make contact with the seat and rise back up to standing position.

5. Hip bridges: Lie on your back with knees bent and feet flat on the ground; rest arms by sides. Press feet firmly down as you slowly lift your hips off the ground; hold for a few counts, then lower.

6. "Fire Hydrant" Abductor/Adductor Knee Raises: Kneel on hands and knees. Keeping knee bent, raise one leg to the side to about hip height. Hold, lower and repeat. Switch to other leg.

Upper Body:

1. Modified Push-ups (on knees): Kneel with hands on floor a shoulder's width apart. Slowly lower your torso down toward the floor. Pause. Pull torso back up.

2. Overhead Triceps Extension: Standing tall with feet hip-width apart, grip a water bottle or hand weight with both hands, raise over head with arms straight. Bend elbows, lowering the bottle toward back of head. Slowly straighten arms, returning to starting position.

3. Bicep Curls: Stand tall with feet hip-width apart. Using an underhand grip, extend arms directly in front of you, just below chest height.

4. Incline push-ups: Stand about 2-3 feet away from a wall. Place hands on wall at about shoulder height. Lower body onto wall, keeping head raised and posture tall. Slowly push back into a standing position engaging your muscles. Repeat.

5. Shoulder Press: Grasp water bottles at shoulder height. Extend arms outward (like goal posts) and all the way up, arms straight. Return to starting position.

YouTube Videos:

Team Body Project 30-Minute Workout for Beginners –Assorted Ages

https://www.youtube.com/watch?v=gC_L9qAHVJ8

<https://www.youtube.com/watch?v=50kH47ZtHs>

<https://www.youtube.com/watch?v=H0c-4nZjIWQ>

General Exercise - Assorted Ages

Mo Jones Kids Workout 1 Beginners

https://www.youtube.com/watch?v=L_A_HjHZxfI

Mo Jones Kids Workout 2

<https://www.youtube.com/watch?v=FrRDG4krjv8>

Mo Jones Kids Workout 6

<https://www.youtube.com/watch?v=FNfYZ2n90RI>

Physical Activities For Kids: Get Active At Home!

https://www.youtube.com/watch?v=3_oIssULEk0

20 Min Physical Activities For Kids To Get Stronger

https://www.youtube.com/watch?v=o8uTdn_zkok

Kids Daily Exercise - Day 1

<https://www.youtube.com/watch?v=T8jl4RnHHf0>

5 Minute Moves | The Body Coach TV

https://www.youtube.com/watch?v=u0_1QBQ8Syk

Active 8 Minute Workout | Body Coach TV

<https://www.youtube.com/watch?v=YIB2SJnBHbQ>

Popsugar Fitness: Family Fun Cardio Workout!

<https://www.youtube.com/watch?v=5if4cjO5nxo>

KIDS WORKOUT ! Full 25 min exercise routine program for kids and parents

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

Fun Workout for Kids at Home

https://www.youtube.com/watch?v=McD6_oOWs-M

Total Body Circuit for the family

<https://www.youtube.com/watch?v=FmWPRv6g9aI>

Kids & Parents Circuit Workout

<https://www.youtube.com/watch?v=97QFX3w1E4>

Ultimate 20 Minute Full Body Workout for Kids

<https://www.youtube.com/watch?v=WmGjxU3Ggko>

Simple Beginners Dumbbells Only Workout -Mommy and Me Workout

<https://www.youtube.com/watch?v=gpm9oqKRpUo>

Full Body Dumbbell Workout – 10 Minute Weight Training for Beginners

<https://www.youtube.com/watch?v=kzAi0fnEICA>

Yoga – Assorted Ages

Mo Jones Kids Workout 6 Power Yoga

<https://www.youtube.com/watch?v=o4enAQIAAn0>

Yoga for Kids – Lower-to-Middle School

<https://www.youtube.com/watch?v=X655B4ISakg>

Kids Yoga Class

https://www.youtube.com/watch?v=aJzi_b7G7i8

4 Minute Yoga for Kids

<https://www.youtube.com/watch?v=A47zwWsjXgs>

Yoga With Adriene - Rainbow Yoga - Yoga For All Ages!

<https://www.youtube.com/watch?v=dF7O6-Qablo>

Yoga with Adriene “Text Neck” – Middle School and up

https://www.youtube.com/watch?v=JUP_YdYyfQw

Yoga with Adriene - Teens

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

Frozen | A Cosmic Kids Yoga Adventure! – Early grades

<https://www.youtube.com/watch?v=xlg052EKMtk>

Zumba

Zumba kids (easy dance) - I like to move it

<https://www.youtube.com/watch?v=ymigWt5TOV8>

Boxing

Billy Blanks Tae Bo® Official Punch Out

<https://www.youtube.com/watch?v=f6p6gxyoxwo>

Dance

Baby Shark (2 minutes) – Toddlers/Preschool

<https://www.youtube.com/watch?v=XqZsoesa55w>

Simon Says – Toddlers/Preschool

<https://www.youtube.com/watch?v=lob3Q7TKmQQ>

Just Dance: I'm A Gummy Bear – Preschool/Kindergarten

<https://www.youtube.com/watch?v=6Q7-tzCCh3w>

Sesame Street: Dancing is Easy Song with Jason Derulo: Preschool – Lower Grades

<https://www.youtube.com/watch?v=K8UGx6HD23o>

Fitness Marshall: Kid-Friendly Dance Playlist – Assorted Ages

<https://www.youtube.com/playlist?list=PLAPUEAObdbMbg4KAvYea2zhuHtl61CmLm>

Mommy and Me Dance Workout – Lower grades

<https://www.youtube.com/watch?v=tj4ew7n42Bg>

KIDZ BOP Dance Along Videos – Assorted Ages

https://www.youtube.com/watch?v=sHd2s_saYsQ

Subscription Channels

Little Sports <https://www.youtube.com/channel/UCTlwFB4ciFi5ZClu-VlwaOg>

Bari Koral: Kids Yoga, Music & Mindfulness

<https://www.youtube.com/channel/UCbuENEBzQ69QKmfX2iumnFA>

Cosmic Kids Yoga

https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

The Body Coach TV

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>