



Kids Working Together for a
Healthier Way of Life

(Ages 5-ish thru 10-ish)

KIDS KAN is a free, online fitness program that teaches young children (and parents) practical nutritional and fitness habits. The program is fun, simple and best of all, it works.

Key program components include:

Teamwork. Kids work together to achieve common goals and may participate in physical activities as a group.

Daily Assessments. SCORECARDS are used to record daily eating and exercise activity. Kids score each day's accomplishments as Very Good, Pretty Good or Can Do Better.

Incentives. SPECIAL EVENTS are small rewards received at the end of each four-week period. Rewards are simple, e.g., going to a movie or purchasing a new T-shirt.

Parental Support. Parents are rock stars. They ensure wholesome foods are always within reach, find creative ways to keep their kids moving and keep the excitement alive with positive reinforcement.

Visit us at: www.kidskan.us

PROGRAM GUIDELINES

The strength of the program is parental support. Parents should be prepared to purchase and prepare foods that promote a healthy lifestyle. (It's easier than you think.)

Family members make great team players when other kids are not available to participate.

Setting a good example reinforces your child's understanding of the value of his or her effort.

Don't seek perfection from yourself or your child.

Set time aside each day for physical activity or, as **KIDS KAN** refers to it, SHAKE-IT-UP fun.

The United States Department of Agriculture (USDA) offers a wealth of information regarding children's nutrition. **KIDS KAN** recommends using the "MyPlate Plan" to determine daily food requirements.*

Parental or legal guardian consent should be obtained when the program is administered by anyone other than the participating child's parent or legal guardian.

Consult a physician before your child begins an organized health and fitness program.

* USDA does not endorse any products, services or organizations.

GETTING STARTED

STEP 1

Get a team together. Friends, brothers, sisters, mom, dad.....doesn't matter.

STEP 2

Choose a **KID** color and print out a SCORECARD.



STEP 3

Print out a SPECIAL EVENTS worksheet. Decide on the reward to be given at the end of the first four-week period. If possible, kids should choose an event they can participate in together as a team. Set a target date and stick to it. (Very Important.)

	Mary NAME	Anthony NAME	Jeff NAME	KIDS KAN SPECIAL EVENT
WEEK 1				<i>Picnic at Perry Park</i> DATE: <u>1 August</u>
WEEK 2				
WEEK 3				
WEEK 4				

STEP 4

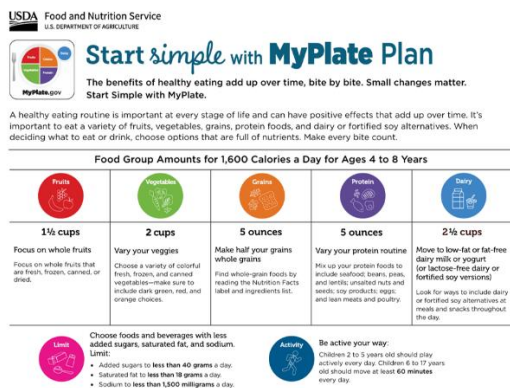
Determine daily nutritional requirements. If you're clueless, as most of us are, it's easy using the USDA "MyPlate Plan". This is the coolest thing. Here's how.....go to:

www.myplate.gov/myplate-plan



Click on Start. Enter your child's age, gender and activity level. (Ages 9 and above will be asked to provide height and weight information.)

Click on "Calories". The "MyPlate-Plan" will provide you a colorful one page chart indicating the daily recommended quantities for each food group.



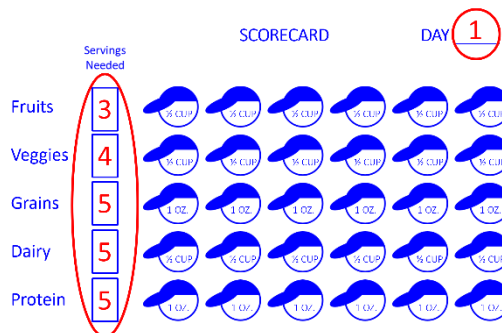
Or.....consult a physician, nutritionist or other health professional to obtain this information. The point is, daily nutritional goals must be established.

STEP 5

Get out your SCORECARDS. Write in the **Day**.

Using the information obtained in STEP 4, add the **Number of Servings** beside the applicable food category.

Include your child in the process. This encourages ownership and generates enthusiasm.

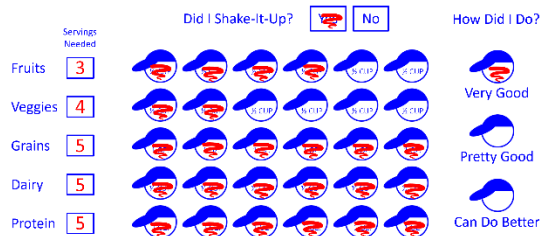


STEP 6

At the end of the day, record your meals on your SCORECARD.

Color one **KID** for each serving consumed in the corresponding food group.

SCORECARD		DAY <u>1</u>
Breakfast	Oatmeal (Grain) 3oz. Milk (Dairy) 1/2 c. Berries (Fruit) 1/2 c.	
Lunch	P B & J Sandwich (Grain) 2oz. (Protein) 1 oz. Apple (Fruit) 1 c.	
Dinner	Chicken (Protein) 3 oz. Peas (Veggie) 1 c. Potatoes (Veggie) 1/2 c. Milk (Dairy) 1 c.	
Snacks	Walnuts (Protein) 1 oz. Cheese (Dairy) 2 oz. Grapes (Fruit) 1/2 c.	



Did you notice the SHAKE-IT-UP box? If you were physically active during the day, fill in the YES box. Consider your daily movement when rating your day. Included is a list of ideas on how to SHAKE-IT-UP.

Finally, rate the day. The sample SCORECARD could be rated VERY GOOD or PRETTY GOOD.

This is not an exact science.....keep it simple.

Post the completed SCORECARD on the fridge for all to see. This keeps your child focused and promotes a sense of accomplishment.

STEP 7

At the end of the week, team members color in his or her **KID** on the SPECIAL EVENTS TRACKER. Oh yea.....we're doing this! When all **KIDS** are colored in, it's time to receive the reward.



FUN & DONE.

There are many children's fitness programs out there, but none as easy and parent friendly as **KIDS KAN**.

Get started today.

www.kidskan.us

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References: "MyPlate Plan", United States Department of Agriculture (USDA), Public Domain.