

Activity Counts—for All Ages!

Being active is not only good for you, it's important for the children and teens in your life as well! Our bodies benefit when we're active, says Debbie Lay RN, Fayette County Health Department, especially if we have diabetes. Physical activity can help us feel better, reduce stress, keep our weight and blood glucose levels in a healthy range, and increase our energy level. We sleep better, too.

As more and more youth become overweight and less active, type 2 diabetes – once only seen in adults over 40 – is now being found in teens. You can play a key role by helping the children and teens in your life lower their risk for type 2 diabetes, especially if the disease runs in your family. Children and teens can lower their risk for type 2 diabetes if they stay at a healthy weight by being more physically active and choosing to eat the right amounts of healthy foods.

There are many ways you can be physically active with the children and teens in your life. Play music and teach your teen some of your own dance steps. Take a walk together, or ride bikes. How about walking the dog, doing yard work, or planting a garden together? Why not go swimming at the local pool or arrange a date to go bowling? These are fun activities that everyone can enjoy.

Is your child or grandchild involved in school or community sports, such as basketball, golf, soccer, or tennis? Try to attend as many of the games as you can and lend your support. Find out the game dates, and mark your calendar. Praise your teen for getting involved and stress the value of physical activity.