



Champion Parent Focus: Healthful Living For Life

Our last Champion Sport Parent note covered nutrition for athletes – the fuel we provide our bodies is essential in maximizing sport performance. There are four other behaviors that are just as essential as nutrition to promoting the whole health of our children.

1. ***Make exercise a family norm.*** Be active as a family by setting aside time each day for energetic fun together. Play spontaneously with your kids, kick the soccer ball around, go for a family jog together, play chase with the family pet. According to the Journal of the American Heart Association, an expert panel conducted a review of contemporary literature on physical activity and youth and recommended that "youth participate in ≥ 60 minutes per day of physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities." The panel's report suggested that the ≥ 60 minutes can be accumulated "throughout the day in school, during PE and recess, during intramural sports, and in before-school and after-school programs as well as through recreational activities with families and friends."

2. ***Make restful sleep a priority.*** Sleep prepares a young person to best perform throughout the day, including sporting events. Sleep is a vital need, essential to a child's health and growth. Sleep promotes alertness, memory and performance. Kids who get enough sleep are more likely to function better and are less prone to behavioral problems and moodiness. Parents should help their children to develop good sleep habits in youth and to maintain those habits into adolescence. According to the National Sleep Foundation, it is recommended a

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A CHAMPION
TODAY®***

"There are no ordinary people...Next to the Blessed Sacrament, your neighbor is the holiest object presented to your senses."

**~C.S. Lewis,
The Weight of Glory**

**Play Like A Champion
offers a**

**Champion Challenge
Summer Play Chart**

**to get kids moving
throughout the summertime.
It gives kids active ideas on
fun ways to move and play
throughout the summer;
helps them to set movement
goals; and gives them a
charting mechanism to
track progress toward
their goals.**

school age child receive 10 to 11 hours of sleep on school nights, while an adolescent needs a recommended 8 to 9 hours of sleep on school nights.

3. Promote a keen mind. Encourage your child's positive mental development. Children with strong, clear mental capacities will more readily seize opportunities to make their own positive decisions while playing sports (applies to the concept of ownership within the GROW framework).

4. Faith is fundamental. Parents should foster a sense of wonder and awe of the spiritual. Rooting our children in faith will give them purpose and deeper meaning in life.

Parents function as a "Life Coach" for your child by encouraging the development of these five healthful, life-promoting skills. When parents nurture these life "essentials", they will support their child in becoming the whole and holy person God intended them to be.