



fitness flyer

Valencia Health Services Quarterly Newsletter

Fall 2009

60 Minutes a Day Keeps the Doctor Away!



Did you know that children and adolescents need at least 60 minutes of physical activity per day for healthy muscle and bone development? In addition, regular physical activity can help prevent chronic illness later in life including diabetes, stroke, and heart attack. Often times your child's PE class does not satisfy the physical activity recommendations indicated by public health standards. Listed below are some community resources that may help your child get one hour of physical activity per day.

Make sure your child is doing three types of physical activity:

- ♦ **Aerobic** (e.g. running, swimming, brisk walking)
- ♦ **Muscle Strengthening** (e.g. gymnastics, push-ups)
- ♦ **Bone Strengthening** (e.g. running, jump roping)

VHS offers free counseling to patients and families trying to incorporate regular exercise and healthy eating into their lives. Please call (415) 647-3666 for more information.

Community Resources

SF Recreation and Parks Offers various programming including afterschool care, sports, and performing arts programs for children and teens. Fall registration begins on September 12. Set up a free family account at VHS and start registering for sfREC programs today! Please call (415) 647-3666

Mission YMCA Offers preschool, after-school activities, cooking classes, mentoring/tutoring for teens, and sports/fitness programs. Many programs are free. Financial assistance is offered to qualified families. Please call (415) 586-6900 4080 Mission Street San Francisco 94110

Boys and Girls Club Kids can choose from a wide variety of programs and activities, from technology and leadership skills to fine arts and athletics. BGCSF also offers access to health services, daily homework assistance and tutoring, as well as specialized programs for young girls and teens. Please call 1-415-445-KIDS (5437)

Protect Your Child Against the Flu!

The flu shot is now recommended for infants and children at risk for problems related to flu. The higher risk groups include:

- ♦ All babies and children 6-23 months of age
- ♦ Children of any age with serious medical problems, such as asthma, diabetes, and heart disease
- ♦ Pregnant women and pregnant teens
- ♦ Children with immune system problems or taking immunosuppressive drugs

Close Contacts of children 0-23 months of age or of children with serious medical problems **should also get the flu shot** to prevent spreading the infection. This includes older brothers and sisters, parents, grandparents, and babysitters.

Timing of the flu shot is important: children under age 9 who have never had a flu shot will need 2 doses this year, 1 month apart. Everyone else only needs one shot each year.

Shots for high risk patients will start in October; all others will start in November.

H1N1 (Swine Flu) Update

The seasonal flu vaccine is unlikely to provide protection against novel H1N1 influenza. However a novel H1N1 vaccine is currently in production and may be ready for the public in the fall. The groups recommended to receive the novel H1N1 influenza vaccine include:

- ♦ **The same people at risk for seasonal flu are at risk for H1N1.**
- ♦ Additionally, children and young adults from 6 months through 24 years of age should consider getting vaccinated as they often live, work, and study in close proximity to others which increases the likelihood of disease spread.

For more information speak with your health care provider or visit <http://www.cdc.gov/flu/keyfacts.htm>

