Please Join Us...

It’s time for our Yearly Minding the Baby® Reunion!

Where?    The CT Children’s Museum in New Haven
When?     Tuesday, April 3, 2012
What time?   10 am – 12 noon

See enclosed invite for more info and directions...

First Lady Michelle Obama Says: Let’s Move!

The first lady’s goal: “Children born today will grow up healthier and able to pursue their dreams.”

Prevent Obesity for Children!

Obesity can cause...

Heart Disease       Type 2 Diabetes
Asthma             Sleep Apnea

This can cause or affect...

School Discrimination       Low Self Esteem
Learning & School Experience

Exercise IMPROVES...

Mood           Skin Complexion
Body Weight   Self Image

Adults should exercise for 30 minutes each day.
Children should have 60 minutes of active play each day.

Turn over for tips to get you & your child MOVING...

Plus FREE spots to go for fresh air in New Haven!
Spring is almost here! Check out these local spots for fresh air and fun with your little ones during the day!

1) **East Rock Park**: You can enter on Cold Spring or Orange Street. East Rock Park offers hiking trails, walking paths, great views of New Haven and Hamden from the summit drive, and more. See [http://www.cityofnewhaven.com/Parks/ParksInformation/eastrockpark.asp](http://www.cityofnewhaven.com/Parks/ParksInformation/eastrockpark.asp) for directions and details.

2) **Edgewood Park**: On Edgewood Ave, this lovely park has areas for walking, jogging, bird-watching, and more. For info, see [http://www.cityofnewhaven.com/Parks/ParksInformation/edgewoodpark.asp](http://www.cityofnewhaven.com/Parks/ParksInformation/edgewoodpark.asp).

3) **Lighthouse Point**: From the well-known lighthouse to the fun-filled beach, playground, and carousel, this is a great place to visit any time of year! Details: [http://www.cityofnewhaven.com/Parks/ParksInformation/lighthousepoint.asp](http://www.cityofnewhaven.com/Parks/ParksInformation/lighthousepoint.asp)

**Dont forget!** Many parks & beaches in and around New Haven are free to enter. There is so much to learn and enjoy outdoors, any time of year. Spring is full of fun and discovery. Take your child for a walk or a hike today!

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**Why don’t adults exercise?**

Too tired
Too comfy on couch watching TV
No time
No money to join a gym/class
Shy or embarrassed to be in a class

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**What are some easy and fun ways to exercise?**

Dance to TV shows
Walk to the store
Dance as you clean the house
Play outside with your child
- throw or kick a ball!
Skip with jump ropes
Have a “dance party” with your child
Run up and down the stairs
Walk around a school track
Stretch when you get out of bed

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**More Tips…**

Break up exercise sessions into 3 10-20 minute blocks each day. That is half an hour to an hour of exercise per day!

Exercise for health not only for weight loss.
Do something you enjoy!
You and your child will feel much better.
You are teaching your child a great lesson!

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**Getting Fresh Air And Exercise In New Haven**

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Happy Spring from Minding the Baby®!