

# Children's Family Wellness Program

MAY 21, 2012

VOLUME 4

## Make New Friends but Keep the Old: New and Old Physical Activities



**The Mitelman's know how to play~ try out the old monkey bars! You might be surprised by how fun your old favorites**

It is time to learn a new activity! Look around the internet for games you have never played before so the family can learn together!

Learn as a family and find some new favorites! Can you find some oldies but goodies that bring back old memories? Teach an old favorite to the next generation and get some activity in while getting a good chuckle! Also, allow the children in the family to teach you one of their favorites.

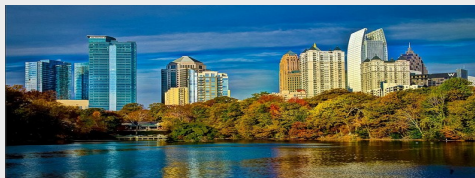
Dances are always a good pick. Do you know how to do the Cupid Shuffle? Let the kids teach you and then teach them the Electric Slide or the Macarena! Again, you will find you get lots of good activity in while giggling like a child. Physical activity is fun!

Also, think about all the activities you watch others do with admiration. Always wanted to learn to skate board? Learn with your daughter! Love watching basketball but never learned to play? Learn with your son! Sports and activities don't have to be learned during childhood, go out and try something new today!

## You Asked, We Answered!

**Q~** I don't have any outdoor space in my apartment complex. My neighborhood is dangerous and I am nervous to allow my children to go outside. Any thoughts or ideas?

**A~** Yes! Check out the links on the right of this newsletter! Many activities can be played indoors. Then when you have more free time take a trip to a nearby state park and let the kids run around there. It's free and they will love being outdoors! Also check out your County's Parks and Recreation website. They typically have all kinds of programs in your community that are free or of little cost and provide good supervision and outdoor activities. Also, think about Children's sponsored events! The Marcus Autism Walk was a great family activity!



## Helpful Websites and Links

[Strong4Life Fun!~](#)

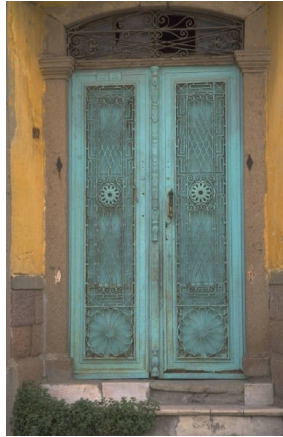
[Dance Lessons at Home!](#)

[After School Fun](#)

## Tips and Tools

- Make up new dances as a family, or head to YouTube and learn a popular line dance!
- Invent a new Game together!
- Go old school! Think back to grade school: what were your favorite dances or games? Google the rules and share with the younger generation!
- Scroll through some of these [fun indoor games!](#)
- Hold a family physical activity contest! Use your CHOA actipd to measure yours steps and then give the family a report once you download!

### *Inside Story Headline*



**CAPTION DESCRIBING PICTURE OR GRAPHIC.**

“TO CATCH THE  
READER’S  
ATTENTION, PLACE  
AN INTERESTING  
SENTENCE OR  
QUOTE FROM THE  
STORY HERE.”

This story can fit 150-200 words.

### *Inside Story Headline*

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees

or top customers or vendors.

### *Inside Story Headline*

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes

thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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## CHILDREN'S HEALTHCARE OF ATLANTA

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

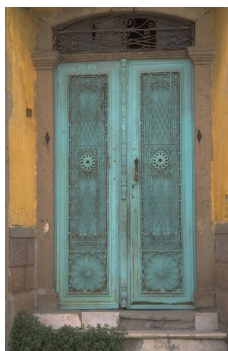
*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*

**WE'RE ON THE  
WEB!  
EXAMPLE.COM**

YOUR BUSINESS TAG  
LINE HERE.

### Back Page Story Headline



**CAPTION DESCRIBING  
PICTURE OR GRAPHIC.**

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a

good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.