

FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

Every Kid Healthy Week



Every Kid Healthy™ is every parent's dream!

Join us in celebrating Every Kid Healthy™ Week from April 22nd to April 26th! This special week is all about helping kids get what they need for a healthier future, highlighting the important roles of nutrition, physical activity, and overall well-being. When kids are healthy, they're all set to do well in everything they do.

As we gear up for Every Kid Healthy™ Week, we will focus on key aspects of child health, addressing common concerns, and providing insights for parents and caregivers. Helping us spotlight Every Kid Healthy™ Week is one of our very own pediatricians, Dr. David Bender, who shares his knowledge and expertise by answering your questions about child health.



David Bender, M.D. | Pediatrician

Practice Address
191 S. Buena Vista St., Ste. 240
Burbank, CA 91505
Office: (818) 557-7278

Office Hours
Monday - Friday:
7:00 a.m. - 5:00 p.m.

"As a pediatrician, one of the most rewarding aspects of what I do is being able to see the children I treat grow into healthy adults."

– Dr. Bender

As parents, how do we encourage physical activity in our children, especially in today's digital age?

Parents often find themselves facing challenges in engaging children in this age of information, especially in a world full of distractions. Here are some tips to help children stay active:

- Promote your child's physical activity by being active together, limiting screen time, and making exercise enjoyable with family outings and sports programs/classes.
- Create opportunities for movement in daily life, such as grocery shopping or doing chores together, walking the dog, or taking family bike rides to foster lifelong healthy habits.
- Support your child's healthy habits by providing them with fun activities to do at home and playing along, such as jump ropes, balls, and age-appropriate games.
- According to the American Academy of Pediatrics, children ages 3 to 5 years should have at least 180 minutes of physical activity throughout the day, and ages 6 to 17 years should engage in 60 minutes of physical activity every day.

How can I best support my child's mental health in today's busy world?

With busy schedules juggling work and family life, it's important for parents to take the time and check in with their children to make sure they feel supported.

- Parents can support their children's mental health by listening to their feelings, reassuring them, and allowing time for open communication.
- Encouraging activities such as drawing, playing sports, or engaging in hobbies can help them cope better when they're stressed or worried.
- It's also important for parents to model healthy coping strategies themselves, such as practicing mindfulness or seeking support when needed.
- Engage with your child by having meals together whenever possible and asking open-ended questions such as "How was your day?"
- Other ways to support your child include checking in with teachers and coaches to see how they are doing.

Sources: American Academy of Pediatrics: <https://publications.aap.org/aapnews/news/12302/New-report-guides-physical-activity-counseling-in?autologincheck=redirected>; Action for Healthy Kids: <https://www.actionforhealthykids.org/every-kid-healthy-week-resources>

It's time for brunch, thank you berry much!



How about bringing the family together this weekend for brunch?

Admit it, brunches are fun! We recommend adding this delicious and healthy avocado berry muffin recipe to your list for a memorable brunch experience. Instead of just serving a meal, why not make it a team effort? Involving kids in cooking not only teaches valuable skills but also encourages healthy eating habits. Enjoy the bonding time as you prepare this dish together. These muffins are filled with nutritious ingredients like healthy fats and vitamin-rich berries. Swapping avocado for oil also adds heart-healthy fats, while blueberries bring in essential nutrients like Vitamin C, K, and manganese. Don't wait! Dive into this recipe at your next Sunday brunch.



Get the full recipe here!

<https://recipes.heart.org/en/recipes/avocado-blueberry-avo-berry-muffins>

Hemet Family and Pediatrics Clinic Open House

Wednesday, April 10, 2024



Help us celebrate springtime by attending our free family event and meeting the friendly staff at Hemet Family and Pediatrics Clinic during their Open House and Spring Festival event. There will be lots of fun family crafts and activities, healthy treats, fun giveaways, and more! Don't miss the free health screenings and an opportunity to speak with a licensed agent to answer any questions you may have about Medicare and important 2024 Medicare benefits!

PLUS! Free raffles to win fun prizes!
Bring a friend and receive an extra raffle ticket.

Hemet Family and Pediatrics Clinic
603 E. Latham Ave.
Hemet, CA 92503

Wednesday, April 10, 2024
4:30 p.m. – 6:30 p.m.

RSVP TODAY!

Visit bit.ly/drnaitamohideen or call Marilyn Gonzales at (909) 893-0345.

We look forward to seeing you there!

We're not holding back punches.

This class will move you!

Boxing for Seniors with Dan Tison



If you've been thinking about attending one of our classes in person but haven't registered yet, Boxing for Seniors is a class you won't want to miss! This boxing-inspired workout can be done standing or seated and is designed to burn calories, strengthen your upper body, work your core muscles, and improve hip mobility.

What makes this class unique and fun?

Just like boxing, you will learn basic punching techniques (jab, straight, hook, and uppercut) and other defensive techniques. Boxing for Seniors is open to all skill levels, and the routines can be adjusted based on your physical capabilities. You will enjoy the welcoming and supportive environment we have created in this class.

The class is 30 minutes, followed by a 20-minute cool down, stretching session, and nutrition discussion.

Due to the 8-person class limit, participants must register in advance.

Lakeside Community Healthcare
612 E. Janss Rd.
Thousand Oaks, CA 91360

Every Thursday
10:00 a.m. – 11:00 a.m.

To register for **Boxing for Seniors** and view the full list of classes we offer, visit HealthyWayEvents.com or contact **Dan Tison** at (747) 356-3746.

If you have any questions, please email MemberHealthEd@RegalMed.com.

Meet Your Local Health Educator and Fitness Expert



Dan Tison | Lakeside Community Healthcare

Meet Dan Tison, the newest member of our Health Education team. Dan is a health educator and fitness expert with 18 years of experience in corporate wellness, fitness, and disease prevention. He's here to boost our wellness efforts and help everyone achieve their health goals.

Dan holds a Bachelor's degree in Exercise Science & Health Promotion and is certified in Health & Wellness Coaching, Personal Training, Fitness Nutrition, and Group Training. When he's not working, Dan enjoys activities like Brazilian Jiu-Jitsu and self-defense training. Dan is actively creating more exciting fitness programs for our members, no matter where you are on your health journey.