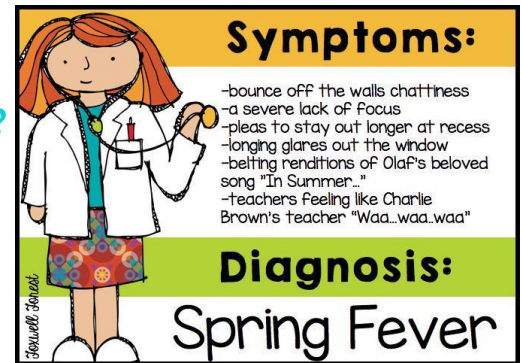


Is your child already showing signs of Spring “fever”?



With the warm temperatures approaching, one remedy for spring fever is spending more time outdoors and participating in the many activities available. As the school nurse, health promotion is as important to me as the day-to-day illness, injury, and maintenance care I provide. Physical inactivity is among the leading health risk behaviors in young people and adults. According to the [American Heart Association](#) (AHA), **physical activity is anything that makes you move your body and burn calories.** Regular physical activity helps build and maintain healthy bones and muscles. Physical inactivity can lead to children becoming overweight, which will increase their risk for heart disease, diabetes, high blood pressure, and high cholesterol. Besides...being active is **fun!** I see this as a win-win situation.

As the leaves, flowers, and green grass return, let's focus on our children going out, exercising and increasing their activity level.

A little something to make you laugh...

- If April showers bring May flowers, what do May flowers bring? ... **Pilgrims!**
- What season is it when you are on a trampoline? ... **Springtime!**

Happy Spring!

Jennifer Kubik, School Nurse

