



Heads Up Kentucky
Psychology Promotes Healthy Living

What is Heads Up Kentucky?

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

About the KPA Foundation

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at www.kpa.org

Kentucky Psychological Association Foundation

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**Exercise is great
for your Body
and Mind!**



KID ZONE

Presented by
**THE KENTUCKY PSYCHOLOGICAL
ASSOCIATION FOUNDATION**

Get Hopping! Get Happy! Get Healthy

What's so good about exercise?

- Exercise helps you feel happier and less tense.
- Exercise helps you have more energy.
- Exercise helps your brain get more oxygen, so you can concentrate better and learn better.
- Exercise helps you feel better about yourself.
- Exercise helps your body now and when you're a grown-up: it helps your heart, your bones, and your muscles.
- Exercise and good eating habits can help keep your body healthy all through your life and lower your risk of getting diseases, like diabetes or high blood pressure.

Which one counts as exercise?

- a) Playing tag
- b) Doing jumping jacks
- c) Walking in the mall
- d) Cleaning your room
- e) Dancing
- f) All of the above

Correct answer: f) all of the above



Some people think that exercise is only what you do in P.E. or it's only running or being in a team sport. Lots of things count as exercise, and everyone can find something they like to do that gives them exercise. Some people like to exercise in groups, like playing on a team. Some people like to exercise by themselves, like riding their bike.

Other Exercise Ideas

Swing

Skate

Jump on a mini-tramp

Do chores like dusting, vacuuming, cleaning your room, raking leaves, pulling weeds

Stretch

Go for a walk

Climb a tree

Climb stairs

How Much is Enough?

Experts say that kids should get an hour of exercise a day. This is a good idea for grown-ups, too; so get your parents active with you.

Tips for Making Exercise Your Healthy Habit

Some is better than none—if you're doing just a little activity now, start adding a little more day by day until you're up to 60 minutes a day. It doesn't have to be all at once—10 minutes here and there add up fast!

Set goals—

- If you can walk for 10 minutes without getting tired, set a goal of 15 minutes. When you reach that goal, set a new one.
- Enter a race/walk.
- Have a basketball-shooting contest with yourself or with your friends
- Have a dance contest.
- Get a pedometer to help you count your steps. It's great to see how far you've gone and challenge yourself to beat your personal best.

Give yourself a reward when you meet your goals!

Exercise with friends or family:

Play basketball, play 4-square, take a walk at the mall.

If you just have to watch that TV show or play that video game, don't just exercise your clicker finger. Get moving—stand up and stretch, run or jump in place, stand and wiggle while you're playing, tap your feet, put your whole self into it!

For More Information:

Heads Up Kentucky: www.headsupkentucky.org

Centers for Disease Control: www.bam.gov/fit4life/index.htm

Kids Health: www.kidshealth.org

The material provided in this brochure is based on scientific research by psychologists and other health care professionals. For references, contributor information, and additional reading on this topic, please go to the Heads Up Kentucky! website at www.headsupkentucky.org.