

UNIVERSITY OF MARYLAND EXTENSION

Prince George's County May 2021

Your Monthly News & Updates



Dear Adrienne,,

Best,

A handwritten signature in black ink that reads "Karol W. Dyson". The signature is written in a cursive, flowing style.

Karol W. Dyson
Capitol Area Extension Director
University of Maryland Extension

**Help Your Kids Stay
Active**

Did you know that only one in four children get the recommended 60 minutes of daily physical activity?



Physical activity helps build healthy bones, muscles, and joints. It can also help maintain a healthy body weight and lower the risk of chronic diseases such as diabetes, high blood pressure, and

heart disease. Daily physical activity can also help children fall asleep faster and sleep better. One of the best ways to prepare children to lead a healthy lifestyle is to give them the tools, skills, and habits to stay healthy. Creating a love for activity is an effective way to accomplish this, but it can be pretty challenging.

Here are some ideas for helping your kids get the benefits of regular physical activity.

Light activity: Encourage your kids to be active by making it fun and doing activities together. Light activities may be one way to kick start a new routine as they require little energy. Examples of light activities are walking, playing catch, slow dancing, and stretching.

- Stretching can improve muscle strength and flexibility. This post from the [nationwidechildrens.org website](http://nationwidechildrens.org) gives pictures and instructions for proper stretching.
- This [simple and fun freeze dance video](#) is great for getting kids moving.

Moderate activity: Kids who enjoy being active but aren't athletes are likely to find new exercise ideas interesting. Here are some ideas for getting your kids moving:

- An easy, enjoyable, and budget-friendly way and to get your heart pumping is to walk or hike with your family in a park. See if any local park or trail is near you by [clicking here](#).
- Kids who prefer to stay inside often enjoy indoor exercise routines. [Check out this video](#) for ideas.
- Yoga is a relaxing activity, which is also great for strengthening muscles. [This 30-minute yoga workout](#) is terrific for kids who enjoy yoga.

High activity: Strength training isn't just for adults. Older kids and teens who are active can benefit from strength training. Strengthening muscles and bones helps them grow stronger. Some examples are pushups, using weights or resistance bands. It can be helpful to consult with weight trainers in schools, gyms, or sports teams when it comes to finding a routine that is appropriate for your children. To learn more about weight training tips and resources, check out this article from KidsHealth.org.

Before you begin any exercise routine for your child, consult your doctor.

Let's get moving!

Go to [Maryland EFNEP's website](#) to access more information about Maryland adult & youth programs.

**Welcome, Jenna Jones!
Our NEW 4-H Educator**



Jenna is a Prince Georges County native. She is coming to us from the Nashville area school district where she taught elementary science. She received her BS in Agriculture with a concentration in Animal and Poultry Science from Delaware State University. She received her Masters of Science in Agriculture Extension Education from Tennessee State University, where she managed multiple 4-H and FFA programs for the university. For the past few years, she has been teaching, implementing, and evaluating educational

programs for all ages in Nashville, TN.

She is happy to be back and is ready to start facilitating lessons, events, and educational programs in the county she grew up in. She is excited to exhibit what 4-H has to offer. Outside of work she can be found reading a good book, enjoying fine dining, and honing her monopoly skills against anyone seeking a challenge.

Did You Know?

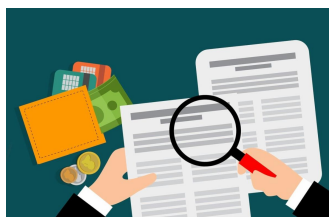


Did You Know...Even though the wild oyster season may be over, you can still eat farmed oysters all year long?

Due to improved food safety rules and strict harvest requirements, farmed oysters are safe to eat even in the summer. Enjoy Maryland Farm Raised Oysters all year. Several Maryland Oyster Farms offer farm-to-door shipping or pick up at different locations around the state. You can find a map of oyster farms and Maryland crab suppliers [here](#). Learn more about eating oysters year round [here](#).

Did You Know...Free Credit Reports!

Through December 31, 2026, all U.S. consumers can receive six free credit reports every 12 months from Equifax by establishing a "myEquifax" account at or by calling 866-349-5191. That's in addition to the one free Equifax report (plus your Experian and TransUnion reports) you can get at annualcreditreport.com.



Did You Know...Eviction ban has been extended until June 2021?

If you can't pay your rent because of job loss or financial problems related to the pandemic, the ban on evictions from rental housing may help. The ban was ordered by the Centers for Disease Control and Prevention (CDC). It began on September 4, 2020, and has been extended through June 30, 2021. For more information go to USAGov.

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Park and the University of Maryland - Eastern Shore. Our mission is to support Maryland's

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agricultural industry; protect its valuable natural resources; enhance the well-being of families and individuals, both young and old; and foster the development of strong, stable communities. The Prince George's County office, partially supported by the Maryland-National Capital Park and Planning Commission, serves the community from two locations including the main Extension office in Clinton and the Center for Educational Partnership in Riverdale.

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