

# Family Health Newsletter



from  
the uva latino  
health initiative



## While at home during the COVID-19 pandemic, we must keep our children ACTIVE and HEALTHY

Para obtener más información sobre nutrición y ejercicio para niños durante COVID visita esta página



- Childhood obesity rates are rising
- Some contributors are decreased physical activity, constant food access, and increased stress
- School online means decreased PE classes and recess
- Obese children have an increased risk of severe COVID-19



- Exercise improves physical, psychological, and immune benefits in children
- Children 6-17 years old require at least 60 minutes of moderate to vigorous activity a day
- After recovering from COVID-19, children can begin increasing their activity with physician clearance

## Vaccinate.Virginia.gov & VaccineFinder.org

For more information about COVID-19 vaccine registration visit [Vaccinate.Virginia.gov](https://vaccinate.virginia.gov) or directly call 1-877-VAX-IN-VA

To learn more about how COVID-19 vaccines work visit this site!



LISTEN TO LATINX POWER RADIO @ WXTJ 100.1 FM  
*New Day! Every Sunday from 10am-12pm!*

## A healthy diet is very important

Include 1 fruit or vegetable with each meal!



Children under the age of 2 years old should limit beverages besides water to a daily maximum of 8oz