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

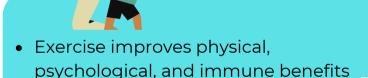
Para obtener más información sobre nutrición y ejercicio para niños durante COVID visita esta pagína

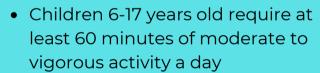


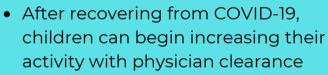
- Childhood obesity rates are rising
- Some contributors are decreased physical activity, constant food access, and increased stress
- School online means decreased PE classes and recess
- Obese children have an increased risk of severe COVID-19



in children









For more information about COVID-19 vaccine registration visit Vaccinate. Virginia. gov or directly call 1-877-VAX-IN-VA

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







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 807