Obesity During COVID-19

Impact of COVID-19 Pandemic on Obesity and Our Children

COVID-19

- Loss of sports/access to exercise
- Virtual school
- Snacking
- Stress
- Lack of movement
- Food insecurities/inadequate nutrition
- Social distancing
- Lack of schedule/routine
- Addiction to screens
- Virtual socialization
- Disrupted sleep schedules
- More processed foods
- Lack of supervision
- Anxiety/depression
- Lack of schedule/routine

Physical Activity Builds Healthy Children.

- Reduces risk of depression
- Improves fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention and focus

FOR CAREGIVERS

Ohio Department of Health

http://ohioaap.org/projects/PMP

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Ideas for home exercise

CIRCUIT TRAINING
25 Jumping Jacks
7 Pushups
15 Crunches
8 Squats
8 Burpees
25 Jumping Jacks
1 Minute Wall Sit
7 Pushups
15 Crunches
8 Squats
20 High Knees
15 Bicycle Crunches
Repeat 3 times!

Workout for beginners

What’s your name?

A 10 jumping jacks
B 5 push-ups
C 1 burpee
D 20 high knees
E 5 crunches
F 10 mountain climbers
G 5 squats
H 10 front lunges
I 10 sole lunges
J 10 second wall sit
K 5 calf raises
L 5 second plank
M 3 squat jumps
N 10 second jump rope
O 10 twists
P 5 plie squats
Q 10 arm circles
R 10 skaters
S 10 second jog in place
T 10 butt kickers
U 5 inchworms
V 5 tricep dips
W 3 star jumps
X 5 bird dogs
Y 10 leg raises
Z 5 squat jacks

Physical activity is safe during COVID-19 pandemic.

- Maintain physical distancing.
- Wear a mask.
- Wash your hands.
- Choose to get a COVID-19 vaccine.

EXERCISE VIDEOS/YOU TUBE

- GoNoodle
- Cosmic Kids
- Beachbody

APPS FOR SMART PHONES/TABLETS

- Increase steps:
  - Pokémon Go, Harry Potter Wizards Unite, Zombie Run
  - Geocaching
- Exercise:

  iPhone – Health app

Ohio AAP PMP Mobile App

App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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