

Resolve to Get Fit With Your Kids

This year, make sure your New Year's fitness resolution includes your kids. Doing so could make working out and losing weight a lot more fun, according to fitness expert Michael Berry.

Berry, who heads the Health and Exercise Science Department at Wake Forest University, said fitness with the kids must include more than a predictable schedule. You must engage the kids and even make exercise a little unusual to get them excited about working out.

"If you say, 'we're going to take the kids out for a walk this evening, most kids are going to say, 'Wait, we have to leave the video games or television?'" Berry said.

"Kids like to play games, they like to be engaged, so exercise needs to be something that is sports-oriented or game-oriented."

Children need at least 60 minutes a day of physical activity, including muscle-strengthening exercises, according to the Centers for Disease Control and Prevention. With that goal in mind, Berry makes these suggestions for getting fit with the kids:

1. See the lights on foot. Around the holidays, there are plenty of interesting light displays to see in your neighborhood. Or walk to pay a holiday visit to nearby friends.
2. Aim for two or three

activities a week, which will help you reach your daily adult fitness goal of 30 minutes of moderate activity five times a week.

3. Walk to school. That burst of activity in the morning can change your day.

4. Replace pizza and a movie night with family fitness night at least once a month. Get the kids excited about it.

5. Check out local fitness attractions. Visit a rock-climbing gym or a trampoline place, for example.

6. Make a fitness wish list with the kids. Write down every physical activity they'd like to do, and let them choose at least twice a month.

7. Play like a kid. A half-hour of tag or kickball is good exercise for you and your children.

8. Use your gaming system to your advantage. Pick a high-energy physical activity that you like (the "Just Dance" games for Wii, for instance), and make it a family competition. When the kids get bored, change the game.

9. Take it outside. But a simple walk won't cut it, Berry said. Go to a park or nature preserve and take a hike.

10. Make dining out or after-dinner treats a physical activity. Walk to the restaurant or ice-cream shop from your home, if possible.

11. Join a league -- kickball, basketball, soccer. They all offer opportunities for you and your kids to have fun getting fit.

12. Check out guidelines and suggestions at the CDC website: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>.

No matter how you decide to get fit with your kids, make sure you keep it safe, Berry said. Drink plenty of water while exercising, follow the rules of the fitness attractions you visit, and keep children's strength training to low or moderate resistance (like monkey bars). High-resistance strength training can lead to injuries.

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Estill School News

January 6th through January 24, 2014

Pennies For Patients at ECMS

Estill County Middle School students are participating in a service learning project to help raise money for the Leukemia & Lymphoma Society. Students are encouraged to bring in coins and participate in activities over a three-week period, January 6-24, 2014. Classrooms will collect coins daily during this time. Each student will receive a collection box to use to collect coins and transport to their classroom.

Leukemia is a blood cancer that is the most common cancer in children under 20 years old and causes more deaths than any other cancer in this age group. The school's goal for this project is \$1,000.

2014 Estill Senior Calendar

Condensed from Information prepared by Estill High School Counselor Melissa Neal

Friday, December 27th

• SAT Postmark Registration Deadline for the Jan. 25 Test Date

Tuesday, December 31st

• POW/MIA Scholarship Application Deadline (for anyone who has had a parent, spouse, sister, brother, grandparent, uncle, aunt who has served in the military who was a POW/MIA or a KY veteran)

Free Computer Classes! @ Estill County Library

January 23rd - 10 a.m. to 11:30 a.m.
Windows 8**

Contact us at (606) 723-3030 to register for classes.
**Please bring your own laptop or device.

ESTILL PUBLIC LIBRARY

246 Main Street, Irvine, KY - Call 723-3030
If school is cancelled due to icy roads, the book-mobiile will run two weeks after the scheduled date.

Week of January 6-19, 2014

BOOKMOBILE SCHEDULE

MON.	TUES.	WED.	THUR.
Old Fox Road Furnace Jct. Miller's Creek Cow Creek	Winston Trotting Ridge Sandhill	Wisemantown Station Camp Red Lick Crooked Creek	Spout Springs Hudson Mill New Fox Road Hargett-Parvin Road

"Mommie & Me" and Storytime

Wednesdays at 10:00 a.m. and Fridays at 10:30 a.m.



Getting Fit with the kids. Photo Credit: TLC.



Ladies from Ivory Hill Baptist Church prepared fruit baskets for widows, widowers, and shut-ins just before Christmas. Pictured, left to right, are Louise Neal, Tina Brinegar, and Bonnie Morris. Barbara Stamper has her back to the camera. Tina's son, Danny, is partially hidden.



Dino Powell and Tom Mullen fix a food box.



All the food made Paula Willis hungry.



Danny Willis thought it was more fun to play cars.



Barbara Stamper addresses cards with Blake Ormes.



No-Bake Jeweled Fruitcake

This easy fruitcake takes just 15 minutes to prepare.

- 1 (4 ounce) container green candied cherries, halved (1/2 cup)
- 1 (4 ounce) container red candied cherries, halved (1/2 cup)
- 1 1/2 cups coarsely chopped nuts
- 3 cups graham cracker crumbs
- 2 cups miniature marshmallows
- 1 (9 ounce) package None Such Classic Original Condensed Mincemeat
- 1 (8 ounce) container mixed candied fruit (1 cup)
- 1 (14 ounce) can Eagle Brand Sweetened Condensed Milk

1. Line a 9- by 5-inch loaf pan with aluminum foil. Reserve a few candied cherries or nuts for garnish, if desired.

2. Combine all ingredients except sweetened condensed milk in large bowl; mix well to coat fruit with crumbs. Add sweetened condensed milk; mix well. Turn into prepared pan; press firmly into pan with wet hands.

3. Garnish with reserved cherries or nuts, if desired. Cover tightly with aluminum foil; chill thoroughly.

4. Fruitcake can be stored in refrigerator for several weeks. Serves 12.

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Alexis Stamper helped her grandmother, Barbara.