

HEALTH MIND & BODY

Thursday, January 30, 2025

Springtown Park Rehabilitation and Care Center

STAFF REPORT

Everyone would rather recuperate at home. But if that's not possible, Springtown Park Rehabilitation and Care Center in Springtown is an excellent option.

This February marks Springtown Park Rehabilitation and Care Center's fourth year in business. The facility focuses on recovery and comfort with individualized short-term care or long-term care. The residential facility offers round-the-clock nursing care in a home-like environment. Springtown Park sets the highest standards in nursing and health care excellence.

The brand-new, state-of-the-art rehabilitation center allows staff to do all they can to return patients home as soon as possible. The nursing home and the care provided are guided by a commitment to exceptional quality, care and comfort demonstrated

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Springtown Park Rehabilitation and Care Center is located at 201 Williams-Ward Road, Springtown, TX 76082 next to Tractor Supply Co. off State Highway 199. To schedule a visit, contact 817-755-5116. Pictured are (front row, L-R): Amber Burkhead, LVN, medical records; Christina Herron, director of rehab; Cherie Sutton, dietary manager; Judy Knighten, LVN, assistant director of nurses; Patti Goodger admissions director; Jackie Johnson, activity director; Melissa Freeman, human resources; and Jim McDonald, administrator. (Back row: L-R): Sarah Moore, social services, Lauren Stoff, marketing director; Chrissy Whilmouth, LVN, wound care nurse; Malinda Perkins, LVN, MDS nurse; Kim Self, RN, director of nurses; Brooke Nash, LVN, assistant director of nurses; and Segal Bunn, LVN, MDS nurse.



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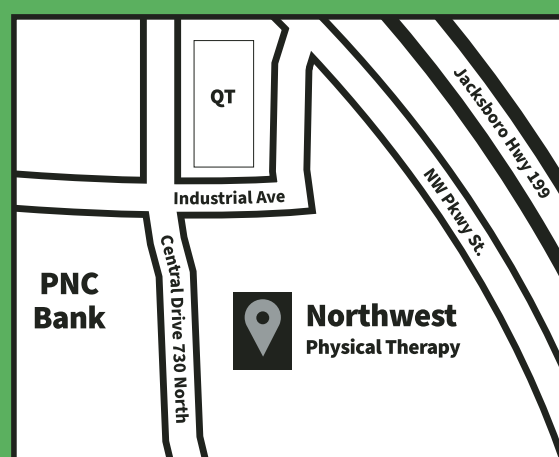
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Did you know?

Children need physical activity as part of their overall health regimen. How much physical activity a child needs varies with age. The Centers for Disease Control and Prevention says children between the ages of three and five should be active throughout the day to ensure proper growth and development. This can be achieved by be-

Encouraging physical activity

ing physically active during play. Children and adolescents between the ages of six and 17 need to be active for at least 60 minutes each day, with that activity being

moderate-to-vigorous in nature. The activities enjoyed should include a variety of aerobic, muscle-strengthening and bone-strengthening exercises.

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Children and adolescents between the ages of six and 17 need to be active for at least 60 minutes each day, with that activity being moderate-to-vigorous in nature.

Northwest Physical Therapy



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Tips to get children excited about exercise

Human beings need to engage in physical activity to stay healthy. But too many children are not getting the exercise they need. Only 50 percent of boys and less than 34 percent of girls between the ages of 12 and 15 are adequately fit, according to the Centers for Disease Control and Prevention. Children who are not physically fit are at greater risk for chronic diseases. In addition, children who are overweight or obese are at a higher risk of retaining that extra weight into adulthood.

Getting children to exercise regularly can be an uphill battle with so many distractions, such as electronic devices, vying for their attention. But parents can explore the following ways to get children more excited about physical activity.

- Choose interactive toys. Select toys for kids that require movement. These can include sporting activities, scooters, bicycles, and even

- video games that involve physical activity. Kids will be moving while they play, which is a first step.
- Set an example. Children may be more likely to embrace physical activity if they see their parents exercising regularly. Adults can share their passions for activities that encourage movement, whether it is hiking, heading to the gym, swimming, or rock scrambling.
- Make it a contest. People can be very competitive, especially young children. If kids know there is a prize or reward attached to doing something, they may have more motivation to engage with it. Offer a prize to the person who can log the most minutes of physical activity each week.
- Make things social. The more people involved in an activity, the greater the chance kids will want to be involved. Therefore, invite their friends, cousins, classmates, and other relatives to

- participate.
- Look for new ways to exercise. Plan vacations and day trips around an activity. Perhaps the family can learn how to surf or snorkel on a trip; otherwise, a trip to the zoo or a museum can involve a lot of walking.
- Find reasons to walk. Kids and parents can walk to or from school each day to get exercise. Parking further away from stores ensures some extra steps as well. Take the stairs in malls instead of elevators or escalators.
- Encourage participation in team sports. Afterschool athletics often involve multiple days of practices and games or meets, which can be all the exercise a kid needs to be healthy. Athletics also present a fun way to exercise with friends.

Kids need physical activity to stay healthy, and there are various ways to make them more inclined to be active.



Many young children love riding their bikes, and it's worth noting that an afternoon of cycling provides an incredible full-body workout. Cycling also has been linked to improved mental health, as riding a bike releases feel-good endorphins that can reduce stress.

How to help kids lose weight safely

Many people struggle with weight over the course of their lifetime. A study noted in a report in the Wall Street Journal indicates the obesity epidemic is global. Around 2.1 billion people across the globe, or roughly one-quarter of the global population, is obese. Although overweight and obesity are issues for adults, they also affect children.

Children gain weight as they develop and grow, so it can be challenging to tell if weight gain is problematic or simply something that will resolve on its own as a child grows. Parents and other caregivers want to ensure their children are fully

healthy, and maintaining a healthy weight is vital to such efforts. However, WebMD says there is no single number on the scale that indicates if a child is healthy. What constitutes a healthy weight varies depending on age, gender, height, and other factors.

It is important for parents to speak with a health care provider first to determine if a child needs to slim down or simply maintain the current weight as he or she grows taller. If it is recommended that the child lose some weight, there are various safe and healthy ways to go about it.

MAKE SMALL CHANGES

Small changes can add up to big results. For example, if a child is consuming a lot of fruit juice, start slowly by diluting the juice with water and eventually switch over completely to water. Change white bread in lunches to a whole-wheat alternative that has more nutrients and fiber.

ENCOURAGE SLEEP

A child's weight can be affected by the amount of sleep he or she is getting each night. Insufficient sleep can contribute to weight gain, indicates the National Institute of Diabetes and Digestive and Kidney Diseases. The Canadian Paediatric Society

says children need 12 to 16 hours of sleep a night as infants, and that need gradually decreases until adolescence, when youngsters need between eight and 10 hours a night.

ENCOURAGE PHYSICAL ACTIVITY

Children need physical activity to maintain a healthy weight. There is no magic formula to weight loss; the amount of calories burned should exceed the calories consumed. That can be achieved by helping children get the recommended 60 minutes of moderate to vigorous physical activity each day, according to the

American Heart Association.

REVISE FAMILY RECIPES

If everyone in the family is a bit overweight, chances are the menu needs changing. It's not hard to revamp recipes to be more nutritious. Taking the skin off of poultry; eating more lean protein sources like seafood and beans; using low- or no-fat dairy sources instead of whole milk versions; and swapping whole grains for refined grains is a good start.

LIMIT CONSUMPTION OF FAST AND PROCESSED FOODS

Families are busy and it can be easy to go through a drive-through or pick up convenience meals at the su-

permarket. But many of these foods are high in calories, saturated fat and sodium. Families should limit these types of foods and seek healthier alternatives.

DON'T SNACK AND WATCH (OR SURF)

It's easy to overeat when eating while watching television or scrolling through social media. Limit screen time and enjoy meals uninterrupted by digital distractions.

Kids may need a little help finding the tools to lose weight and some encouragement and cooperation as they seek to develop healthy eating habits.



Dr. Jessica Brace,
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Fitness classes for the over-50 crowd

Exercise is a pillar of a healthy lifestyle. When individuals exercise regularly and pair physical activity with a healthy diet and smart lifestyle choices, they can extend their life expectancies and sleep well knowing they're doing everything they can to increase their chances of enjoying a limitless retirement.

Adults over 50 know it's not always so easy to exercise. Hectic schedules can make it seem like there's little time for exercise. And even when adults make time to break a sweat, they might find that traditional workouts combining strength training with cardiovascular exercise are too time-consuming and possibly even a little dull. In such instances, fitness classes can take the place of more traditional exercise regimens. Various classes provide a challenging workout, and many can do so in an hour or less.

· **Pilates:** Improving balance, core strength and flexibility are three goals of Pilates. Pilates has an interesting history, as it was created by Joseph Pilates, a German prisoner of war who was imprisoned off the coast of England during World War I. Pilates and the exercising phenomenon he created ultimately made their way to the

United States, where the routine was embraced by dancers looking for a way to aid their injury recovery. Pilates is now part of millions of individuals' exercise regimens. This low-impact exercise is designed to strengthen muscles and improve alignment and flexibility. Achieving greater balance after 50 pays untold dividends for older adults, who can decrease their risk for falls and fall-related injuries by increasing their steadiness.

· **Spin:** Spin classes are a wildly popular exercise program that utilizes cycling to help people break a sweat. Cardiovascular exercise is beneficial for a number of reasons, including its connection to heart health and even cognitive health. But many people lament daily sessions on a treadmill or elliptical that they find boring. Spin classes involve the use of stationary bikes, but instructors typically guide class members through conditions that mimic outdoor cycling sessions. Resistance and pedaling speed changes throughout a spin class, which serves to keep individuals engaged and burn lots of calories.

· **Kickboxing:** Sometimes referred to as Krav Maga, kickboxing is another unique and challenging class offered



When individuals exercise regularly and pair physical activity with a healthy diet and smart lifestyle choices, they can extend their life expectancies and sleep well knowing they're doing everything they can to increase their chances of enjoying a limitless retirement.

at many fitness facilities. Martial arts like kickboxing assist with weight loss and can help people improve their muscle tone, flexibility and stamina. Adults over 50 who are not accustomed to physical activity may find their energy levels are low, but a few kickboxing sessions

may produce noticeable differences in stamina. The balance benefits of kickboxing are similar to those provided by Pilates, so this activity may be particularly beneficial for adults over 50 looking to reduce their vulnerability to falls as they grow older.

· **Dance:** Dancing is widely seen as a fun activity, and rightfully so, as few things can be as enjoyable as cutting a rug. But dancing also provides a great cardiovascular workout. Local community centers and even some fitness facilities offer age-specific dancing classes, which the AARP notes are great

for individuals who want to build core strength, improve bone health and protect their heart.

Adults over 50 who want to be more physically active can look to any number of fitness classes to break a sweat, build strength and have fun all at once.

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How to help children safely navigate social media

Social media has its fair share of proponents and detractors. For proof of the former, one need look no further than numbers, as the advisory firm Kepios reported there were 5.22 billion social media users around the world at the start of October 2024. That translates to roughly 64 percent of the global population, a percentage that might upset detractors who see social media as a largely divisive entity that research has found can have an adverse effect on the physical and mental health of its users.

Social media certainly has its ups and downs, which is perhaps why so many parents feel like governing children's usage of platforms like Snapchat and Instagram is akin to walking a tightrope every day. Helping children safely navigate social media is no small task, but finding a way to do so can have a profound impact on youngsters' health. The American Psychological Association offers the following recommendations to parents and caregivers concerned about the safety of youngsters us-

ing social media.

- Recognize social media features that can be especially harmful. The APA notes that children can learn new social skills and communication strategies on social media. That's a notable benefit of social media usage, but there are some harmful components that can be particularly detrimental to children's still-developing brains. The APA highlights like buttons and the use of artificial intelligence as particularly harmful features because they promote excessive scrolling. Adolescents may be especially vulnerable in this regard, as the APA notes that the brain undergoes dramatic developmental changes during adolescence, when areas of the brain associated with a desire for attention from peers become more and more sensitive. Social media can exploit that need, which is even more dangerous because the parts of the brain that govern self-control do not fully develop until early adulthood. Parents can limit usage of platforms that tally likes and set screen limits to

minimize excessive scrolling.

- Monitor usage and maintain a dialogue about it. The APA urges parents to monitor their children's social media usage, particularly during early adolescence. But it's equally important to maintain a dialogue with children about their social media usage. The APA notes studies have found that engaging in ongoing discussions with adolescents about safe social media usage can help them navigate its dangers more effectively. Engaging youngsters each week also can make them feel more safe and not as though they're being judged about their usage. Discuss what they see and their understanding of what they see. Parents also can present hypothetical situations that may unfold on social media and ask them how they would respond.

- Lead by example. Children learn many of their behaviors from their parents, so if Mom and Dad exhibit poor social media habits, then youngsters are more likely to follow suit. The APA urges parents to avoid



Periodic breaks from social media usage also can show children how it's alright to take a holiday from the platforms every once in a while.

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scanning social media during meals and family time. Parents also can self-govern their own usage, setting the same limits on time as they set for children. Periodic

breaks from social media usage also can show children how it's alright to take a holiday from the platforms every once in a while. Parents have a tall task

ahead of them in regard to helping kids safely navigate social media. But various strategies can increase the chances kids have a positive social media experience.



The World Health Organization reports that hundreds of millions of children across the globe qualified as overweight or obese in 2022.

Did you know?

The World Health Organization reports that hundreds of millions of children across the globe qualified as overweight or obese in 2022.

The World Health Organization reports that hundreds of millions of children across the globe qualified as overweight or obese in 2022. According to the WHO, in 2022 37 million children under the age of five were overweight, while 390 million children and adolescents between the ages of five and 19 met the criteria for being overweight or obese. The

WHO considers a child under five years of age overweight if the youngster is weight-for-height greater than two standard deviations above the organization's Child Growth Standards median. The WHO criteria for being characterized as obese is met when a child is three standard deviations above the median. Children and adolescents between the ages of five and

19 are considered overweight if they are one standard deviation above the median and obese if they are two standard deviations above the median. The threats posed by overweight and obesity in childhood are significant. The WHO notes that being overweight as a child and adolescent is associated with earlier onset of various noncommunicable diseases, including

type 2 diabetes and cardiovascular disease. In addition, the WHO notes the adverse psychological consequences of being overweight or obese in childhood and adolescence, which include a lower quality of life that is compounded by stigma, discrimination and bullying.

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Kids and healthy eating

Gobble up these body-friendly food practices

Despite being pint-sized people, children can have some very big personalities and opinions. Parents know that kids have strong feelings on everything from the clothes they wear to the foods they eat.

Although not all children are inherently picky eaters, most go through phases of picky eating during their childhood development, particularly when they are toddlers. The UCSF Benioff Children's Hospitals also says some children naturally are more sensitive to certain tastes, smells and textures, which could make certain foods less desirable to youngsters. Others may mimic their parents' picky food tendencies. A child who has strong aversions to trying new foods can make it hard to plan meals, especially ones that include nutritious fare.

Getting kids to eat more healthy foods and be excited

about them could take some time and effort. Parents can try some of these strategies to change kids' perceptions about healthy eating.

TAKE THE LEAD

Parents can model healthy eating behavior every time they sit down to a meal. Research suggests parents' eating behaviors significantly influence their children's food preferences and dietary habits. Given their influence, adults should choose healthy foods often enough so that the process becomes habit for the entire household.

MAKE IT A TEAM EFFORT

Children may refuse foods because it gives them a modicum of control in a world where adults seem to be making all the decisions. When children are included in meal planning and shopping, they are more likely to eat foods that are healthy. While the bulk of foods should be

healthy ones, a few treats or special ingredients can be thrown in every so often.

CREATE FAMILY MEAL EXPECTATIONS

Routines are essential to children's well-being. By eating together as a family and serving meals and snacks around the same time each day, kids will thrive knowing what is coming next. Mealtime is a good time to talk about healthy eating habits and table manners as well, says the Cleveland Clinic. Parents can model how half of the plate should be made up of vegetables and some fruit.

RESPECT EATING QUIRKS

One child may only eat broccoli if it is dunked in ketchup. Another might only embrace a turkey sandwich if it is cut into triangles. Parents should pick their battles regarding food. Parents should go with the flow if kids are eating right, even if their choices are



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Parents know that kids have strong feelings on everything from the clothes they wear to the foods they eat.

a little unorthodox.

MAKE IT A GAME

Incorporate some fun into meals by encouraging children to come up with funny names for their foods, however ridiculous they may be.

Make competitions of healthy eating by seeing who can eat the most vegetables during the week and earn a prize. Kids likely will respond better to these positive choices rather than ultimatums about foods they 'have' to eat.

Healthy eating may not come easily to all children, especially if they are picky eaters. Some patience and flexibility on the part of parents can help kids become more excited about healthy food choices.



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When winning isn't important

Some physical activities for kids who are not into competitive sports



Children and adolescents who are not into competitive sports can choose from an array of physical activities that provide a host of health benefits.

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Competitive sports provide a wonderful opportunity for children to be physically active. That's a notable benefit and one that could help to confront a growing problem of overweight and obesity among modern youths.

Data from the World Health Organization indicates 37 million children under the age of five were overweight in 2022, while more than 390 million youngsters between the ages of five and 19 were overweight or obese in that same year. In addition, the percentage of children and adolescents across the globe who qualified as obese in 2022 had grown considerably

since 1990, increasing from 2 to 5 percent during that span.

Sports can definitely help to remedy the overweight and obesity epidemic among youths across the globe, but what about children who are not into competitive athletics? The Centers for Disease Control and Prevention recommends all children and adolescents, including non-athletes, get at least 60 minutes of moderate-to-vigorous physical activity each day. That might sound difficult for parents of non-athletes, but there are a number of physical activities beyond organized athletics that can ensure kids get all the exercise they need.

- **Dancing:** The National Institutes of Health notes that dancing is both an exciting and effective workout that benefits the body in myriad ways. Dancing is a versatile form of exercise that encompasses everything from ballroom dancing to salsa. The NIH notes that dancing is a great cardiovascular exercise that also helps to build strong bones and muscles and improve balance. Dancing also is a social activity, which means it can provide many of the same benefits related to social interactions that are often attributed to team sports.
- **Hiking:** Hiking is another

physical activity that can provide great exercise for youngsters who are not into competitive sports. According to Piedmont Health, hiking is a whole-body exercise that gets the heart pumping, making it a wonderful cardiovascular activity. Cardiovascular exercise has been linked to a number of benefits, including a lower risk for conditions such as heart disease, stroke and high cholesterol. Hiking also is considered a weight-bearing exercise that helps to build muscle mass.

- **Skateboarding:** Skateboarding has come a long way since modern parents were children. Though

skateboarding might once have been frowned upon due to skateboarders' penchant for practicing in places that were off limits, the perception of skateboarding has now changed dramatically and the activity is touted as great exercise. A 2018 study published in the journal *Gait & Posture* found that skateboarding helps participants develop a strong sense of balance. The motions required to ride a skateboard also help to increase heart rate, which can provide a boost to cardiovascular health.

- **Cycling:** Many young children love riding their bikes, and it's worth noting that an

afternoon of cycling provides an incredible full-body workout. The Harvard T.H. Chan School of Public Health notes that the health benefits associated with cycling include improved cardiovascular fitness, stronger muscles, greater coordination and general mobility, and reduced body fat. Cycling also has been linked to improved mental health, as riding a bike releases feel-good endorphins that can reduce stress.

Children and adolescents who are not into competitive sports can choose from an array of physical activities that provide a host of health benefits.

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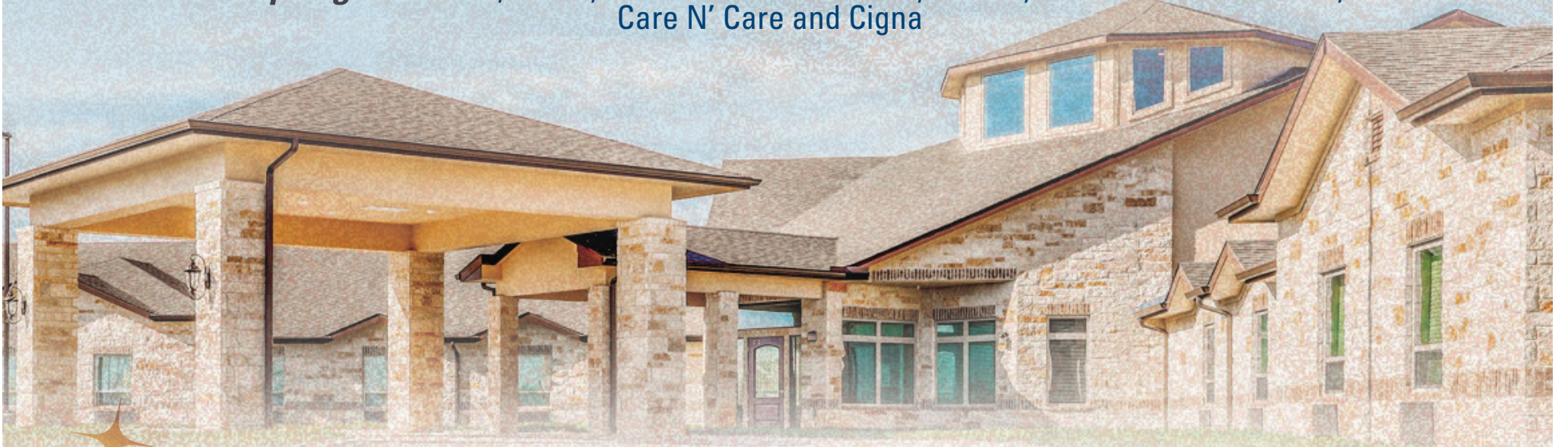
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