



## NBA FIT Newsletter—Information for Families

**Welcome to NBA FIT, the league's comprehensive health and wellness platform promoting healthy, active lifestyles for children and adults!**

### **FITNESS**

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The American College of Sports Medicine recommends an hour of daily activity for children and young adults under 18; however, getting a child started with physical fitness can be a challenge. Below are 4 tips to help get your child fit!

- ❖ Avoid the word "exercise" when referring to activities. Instead, focus on fun ways to be physically active, and kids will stick with it.
- ❖ Start with short increments of activity and give kids rest time until they become more fit.
- ❖ Let the child pick the activity—and then do the activity with him or her.
- ❖ Look for group activities to help engage kids with other kids.

### **HEALTH**

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**Message from Tyson Chandler, Charlotte Bobcats (NBA), and Tamika Catchings, Indiana Fever (WNBA):**

Most kids with asthma can exercise and play sports. In fact, health officials recommend staying active.

We have asthma and we know other players who do, too. If your child has this common childhood condition, it's important to speak with your child's doctor to find out if there's more you can do to help manage your child's asthma.

Visit [www.AthletesAndAsthma.com](http://www.AthletesAndAsthma.com) for free asthma tools, basketball tips, special offers, and more information on managing your child's asthma.

### **NUTRITION**

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Athletes at all levels must maintain a well-balanced diet. By sticking to the following tips, your child will improve his or her overall diet and healthy living.

- ❖ Eat 3 standard meals and 3 snacks (midmorning, postworkout, and before bed) per day.
- ❖ Drink plenty of fluids – this will help prevent dehydration, fatigue, and muscle cramps. This is especially important before, during, and after any rigorous physical activity.
- ❖ Eat fruits and vegetables and reduce the amount of fat in your diet.

These tips will help you improve your child's overall quality of life, optimize his or her energy levels and performance, and teach him or her how to practice good nutrition habits in the future.