







Keeping you connected to important health updates, upcoming classes and helpful resources

Every Kid Healthy Week Mindful Monday



As we gear up for Every Kid Healthy™ Week, we will focus on key aspects of

When kids are healthy, they're all set to do well in everything they do.

child health, addressing common concerns, and providing insights for parents and caregivers. Helping us spotlight Every Kid Healthy™ Week is one of our very own pediatricians, Dr. David Bender, who shares his knowledge and expertise by answering your questions about child health.

This special week is all about helping kids get what they need for a healthier future, highlighting the important roles of nutrition, physical activity, and overall well-being.

Burbank, CA 91505 7:00 a.m. - 5:00 p.m. Office: (818) 557-7278 "As a pediatrician, one of the most rewarding aspects of what I do is being able to see the children I treat grow into healthy adults."

Office Hours

Monday - Friday:

David Bender, M.D. | Pediatrician

191 S. Buena Vista St., Ste. 240

Practice Address

- Dr. Bender

in today's digital age?

information, especially in a world full of distractions. Here are some tips to help children stay active:

Promote your child's physical activity by being active together, limiting screen time, and

Create opportunities for movement in daily life, such as grocery shopping or doing chores

Support your child's healthy habits by providing them with fun activities to do at home and

together, walking the dog, or taking family bike rides to foster lifelong healthy habits.

Parents often find themselves facing challenges in engaging children in this age of

making exercise enjoyable with family outings and sports programs/classes.

As parents, how do we encourage physical activity in our children, especially

playing along, such as jump ropes, balls, and age-appropriate games. According to the American Academy of Pediatrics, children ages 3 to 5 years should have at least 180 minutes of physical activity throughout the day, and ages 6 to 17 years should

them, and allowing time for open communication. Encouraging activities such as drawing, playing sports, or engaging in hobbies can help them cope better when they're stressed or worried.

• It's also important for parents to model healthy coping strategies themselves, such as

• Engage with your child by having meals together whenever possible and asking open-

practicing mindfulness or seeking support when needed.

ended questions such as "How was your day?"

healthykids.org/every-kid-healthy-week-resources

for brunch,

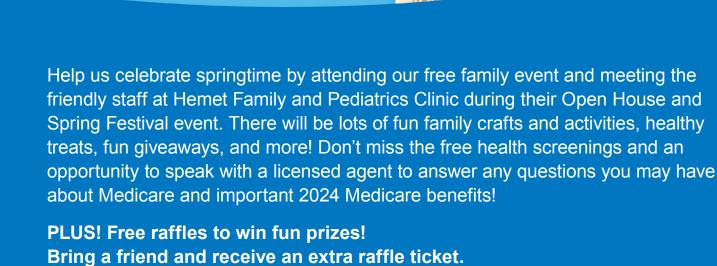
Parents can support their children's mental health by listening to their feelings, reassuring

 Other ways to support your child include checking in with teachers and coaches to see how they are doing.

port-guides-physical-activity-counseling-in?autologincheck=redirected; Action for Healthy Kids: https://www.actionfor-

Sources: American Academy of Pediatrics: https://publications.aap.org/aapnews/news/12302/New-re-

How about bringing the family together this weekend for brunch? Admit it, brunches are fun! We recommend adding this delicious and healthy avocado berry muffin recipe to your list for a memorable brunch experience. Instead of just serving a meal, why not make it a team effort? Involving kids in



Hemet Family and

603 E. Latham Ave. Hemet, CA 92503

Pediatrics Clinic

RSVP TODAY!

Pediatrics Clinic

Wednesday, April 10, 2024

Open House

Visit bit.ly/drnamitamohideen or call Marilyn Gonzales at (909) 893-0345. We look forward to seeing you there!

Wednesday, April 10, 2024

4:30 p.m. – 6:30 p.m.

We're not holding back punches. This class will move you! **Boxing for Seniors**

If you've been thinking about attending one of our classes in person but haven't registered yet, Boxing for Seniors is a class you won't want to miss! This boxing-

uppercut) and other defensive techniques. Boxing for Seniors is open to all skill

enjoy the welcoming and supportive environment we have created in this class.

levels, and the routines can be adjusted based on your physical capabilities. You will

The class is 30 minutes, followed by a 20-minute cool down, stretching session, and

inspired workout can be done standing or seated and is designed to burn calories,

Every Thursday Lakeside Community Healthcare 612 E. Janss Rd. 10:00 a.m. - 11:00 a.m. Thousand Oaks, CA 91360 To register for Boxing for Seniors and view the full list of classes we offer, visit

Meet Your Local Health Educator and Fitness Expert

Due to the 8-person class limit, participants must register in advance.

engage in 60 minutes of physical activity every day. How can I best support my child's mental health in today's busy world? With busy schedules juggling work and family life, it's important for parents to take the time and check in with their children to make sure they feel supported.

It's time



strengthen your upper body, work your core muscles, and improve hip mobility. What makes this class unique and fun? Just like boxing, you will learn basic punching techniques (jab, straight, hook, and

nutrition discussion.

health journey.

with Dan Tison

HealthyWayEvents.com or contact Dan Tison at (747) 356-3746. If you have any questions, please email MemberHealthEd@RegalMed.com.

Dan Tison | Lakeside Community Healthcare

Meet Dan Tison, the newest member of our Health Education team. Dan is a health educator and fitness expert with 18 years of experience in corporate wellness, fitness, and disease prevention. He's here

to boost our wellness efforts and help everyone achieve their health goals. Dan holds a Bachelor's degree in Exercise Science & Health Promotion and is certified in Health & Wellness Coaching, Personal Training, Fitness Nutrition, and Group Training. When he's not working, Dan enjoys activities like Brazilian Jiu-Jitsu and self-defense training. Dan is actively creating more exciting fitness programs for our members, no matter where you are on your