



# LAKES

ON ELDRIDGE  
NORTH

Volume 10, Issue 5

May 2011



## SUPERHEROS REPORT!



*Cameron Wiseman*



*Cameron & Maya at  
"Aeros Hockey Game"*



*Chloe  
Wiseman*

Parents, brag about your kids!  
We want pictures of your kids  
doing everyday things, school  
events, plays, sports, etc.

Send in your pictures to be  
featured in the Lakes on  
Eldridge North newsletter.

E-mail your pictures to [loen@peelinc.com](mailto:loen@peelinc.com)  
by the 8th of the month.



# Lakes on Eldridge North

## IMPORTANT NUMBERS

Gate Attendant.....	713-856-6127
Harris Co. Sheriff - (non-emergency) .....	713-221-6000
Cy-Fair Fire Department - (emergency).....	281-466-6161
(non-emergency)	281-550-6663
Poison Control.....	1-800-764-7661
Texas DPS.....	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Services .....	713-983-3602
(Service or emergencies 24 hrs) ...	713-983-3604
Harris County Tax Office .....	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas) .....	713-659-2111
Comcast Cable.....	713-341-1000
Houston Chronicle .....	713-220-7211
Metro Transit Info.....	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Ridge High School .....	281-807-8000
Newsletter Publisher	
Peel, Inc. ....	advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) *for information on advertising.*

## LOEN Board Of Directors

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## Article Submissions

Please e-mail articles and/or photos to [loen@peelinc.com](mailto:loen@peelinc.com).  
Submissions must be received by the  
10<sup>th</sup> of the month for the following month's issue.  
(Advertising deadline is the 8<sup>th</sup> of the month.)

## American Business Women's Association Cy-Fair Express Network (CYFEN)

**Event:** Cy-Fair Express Network Monthly  
Networking Luncheon

**When:** May 26, 2011

**Time:** 11 a.m. – 1 p.m.

**Where:** Houston National Golf Club  
16500 Houston National Blvd  
Houston, TX 77095

### Networking and Professional Enrichment Luncheon

Cy-Fair Express Network (CYFEN) invites you to their monthly networking luncheon featuring an exciting professional enrichment opportunity from Sandler Training entitled, "No Guts, No Gain!" Admission is \$40 with advance reservations and \$50 at the door (includes lunch). Please make reservations online by May 20 @ [www.cyfen.org](http://www.cyfen.org) or call Darlene Hajduk @ 713-939-9730.

CYFEN's mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



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Neighborhood References Available**

# 2011 first quarter

LAKES ON ELDRIDGE N.

	UNDER \$400K	\$400K TO \$600K	RENTALS
Number of Sales	9	7	8
Avg. List Price	\$355,551	\$479,800	\$4,125
Avg. Adj. Sales Price	\$345,225	\$456,392	\$3,956
Avg. Square Footage	3,220	3,963	3,936
Avg. Price Per Sq.Ft.	\$107.21	\$115.16	\$1.01
Days on Market	103	93	51
SP/LP Ratio	97%	95%	97%

All information based on HAR/MLS data 1/01/2010 to 3/31/2010 utilizing average adjusted sales figures.



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# Lakes on Eldridge North

## That's Not a Smokestack, It's a Cell Tower (*BUT IT STILL STINKS!*)

*Submitted by Rachel Shada*

### *That's not a smokestack, it's a cell tower (but it still stinks)!*

If you have recently taken a spin in the Indigo Falls section of Lakes on Eldridge near Kirk Elementary, you probably noticed the "new addition" added during Spring Break. Our new neighbor is a brand new, 100 foot brown tower!

In an effort to generate revenue for the school district, CyFair ISD entered into an agreement with T Mobile to lease space for cell towers on school property. While all of us are sympathetic to the tremendous financial challenges school districts face across the state, the decision to erect a cell tower immediately adjacent to our community has many local residents and Kirk Elementary parents extremely concerned. In fact, CyFair ISD has already responded to numerous letters, phone calls and complaints from our community regarding placement of the cell tower on elementary school property near our homes, without our knowledge or consent.

Having a cell tower looming over our homes and school violates the principles of preserving the natural beauty that attracts people to live in master-planned communities such as ours. The initial planning of this community required that power, telephone and



other utility lines in our neighborhood be buried beneath the ground – out of sight. Preserving the natural beauty of our neighborhood not only enhances our home experience, but also protects the value of our homes. CyFair ISD failed to consider this when planning and installing the cell tower at Kirk Elementary.

Many people are also concerned about potential health impacts. Our scientific understanding about how radio emissions affect adults, let alone children, is very limited. The considerable debate in recent years about this issue in the scientific and public health community has led many experts to urge precaution, especially with children, who tend to be more susceptible to environmental threats. Although the risk is perceived to be low, based on current scientific knowledge, no parent should be asked to take risks with their children's health.

While people may have varying objections regarding the impact of a cell tower in our community, none see this as a wise decision by CyFair ISD. In fact, many residents are infuriated by the school district's imposition of this cell tower upon our community without our consent. A group of concerned citizens from LOE, LOE North and Kirk Elementary are working together to convince the school district to take down or move the cell tower.

*If you are interested in helping promote this cause that benefits our entire community, please send an email to [LOE.Kirk.TMobile@gmail.com](mailto:LOE.Kirk.TMobile@gmail.com).*

***We Welcome Your Support!***



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**5311 CEDAR BEND CREEK**

*In Lakes on Eldridge*

4/3.5/3

Stunning custom home on cul-de-sac lot, two-story entry, formals, updated kitchen, spacious master suite down, game and media room up. Saltwater pool, spa, rock/stone work and summer kitchen, plus driveway gate.

**\$690s**



**13118 SHERMONS POND**

*In Lakes on Eldridge*

5/3.5/3

Beautiful custom home in gated community features gallery entry, two-story living and den, crown molding, island kitchen with built-in Sub-Zero, and plantation shutters. Enjoy the outdoor pool, spa, waterfall and gazebo.

**\$540s**



**13102 SHERMONS POND**

*In Lakes on Eldridge*

4/3.5/3

Beautiful custom home on corner lot with lake views. Updated throughout, formals, hardwoods, crown molding, remote gas log fireplace, island kitchen, professionally landscaped, outdoor lighting, and Italian fountain.

**\$520s**



**12702 WILBURY PARK**

*In Lakes on Eldridge*

Shows like a model home! Updated throughout, granite island kitchen with stainless appliances, crown molding, carpet, tile and wood floors. Spacious master with sitting area. Beautifully landscaped backyard.

**\$340s**

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# Lakes on Eldridge North

## Foundation for Foreign Study

Families from all over the Houston area are opening up their homes and lives to foreign exchange students through the EF Foundation for Foreign Study.

EF Foundation is a leader in high school foreign exchange, bringing more students to the United States than any other exchange program. A nonprofit committed to promoting global awareness for over 30 years; EF Foundation leverages a committed network of local coordinators to connect thousands of students with caring American families each year.

EF exchange students come from more than 30 countries around the world and are between the ages of 15 and 18. The majority of students stay for a full high school year. In the past, exchange students have come to live in Texas from as far away as Germany, Hong Kong, Australia and Norway, to name a few.

I am an International Exchange Coordinator for EF Foundation. I will be working with the community to secure host families for a number of students this year.

In order to raise awareness of this life-changing opportunity, we need the community to see local narratives of the wonderful families and students who have had unforgettable experiences through the program.

### CHECK OUT OUR INFORMATIONAL VIDEOS!

- <http://vimeo.com/1154826>
- <http://vimeo.com/10247951>
- [http://www.youtube.com/watch?v=cLldRF-4x04&feature=player\\_embedded](http://www.youtube.com/watch?v=cLldRF-4x04&feature=player_embedded)
- [http://www.youtube.com/watch?v=PSFCbQFCT5k&feature=player\\_embedded](http://www.youtube.com/watch?v=PSFCbQFCT5k&feature=player_embedded)

Please do not hesitate to contact us with any inquiries, as we would be happy to work with you.

Sincerely,  
Jennifer Tausworthe  
EF Foundation for Foreign Study  
713-203-6556  
jenn423124@aol.com  
www.effoundation.org



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# Lakes on Eldridge North

## America is Good

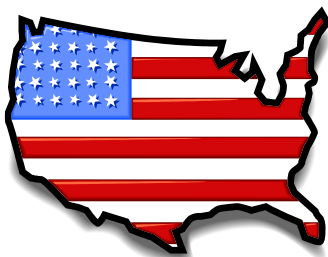
- I believe in God and He is the Center of my Life.
- The family is sacred. My spouse and I are the ultimate authority, not the government.
- I have a right to life, liberty and pursuit of happiness, but there is no guarantee of equal results.
- I work hard for what I have and I will share it with who I want to. Government cannot force me to be charitable.
- The government works for me. I do not answer to them, they answer to me.

If you agree with any or all of the statements above then come to  
**The Glenn Beck 9/12 Project Organizational**  
meeting for Cypress on the second Thursday of each month.

IHOP Restaurant on Hwy 290 @ Rosehill

*Get involved.*

For more information, please call  
281-373-9337.



## CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools; supports the Cerebral Palsy SIRE group, Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups. Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See [www.kiwanishoustoncyfair.com](http://www.kiwanishoustoncyfair.com) for more information.



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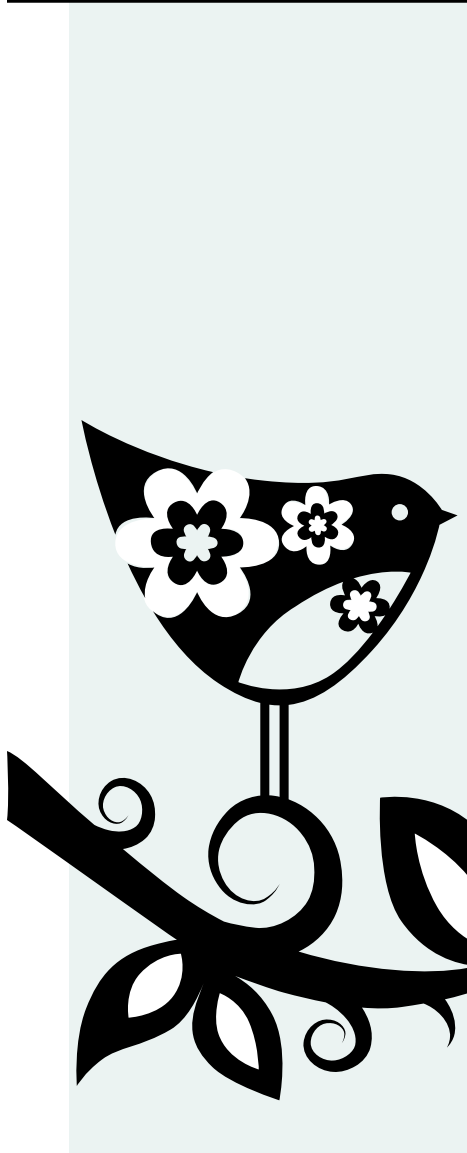
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**KIRK ELEMENTARY**

## *Spring Festival*

Friday May 6, 2011

4:30-7:30 pm

Basket Raffle, Bouncy Houses,  
Cake Walk, Dunking,  
Booth, Face Painting, Games,  
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# Lakes on Eldridge North

## MEET THE WILLIAMS SIBLINGS

What if your world was torn apart when abuse or neglect in your home resulted in you and your siblings being permanently removed from your parents, your neighborhood and your school! What would you have to hold on to? Well, for many children who are subject this kind of life wrenching event, they only have their siblings for stability.



If they end up being available for adoption from the foster care system, the last thing they would want is to be separated from their siblings.

Such is the case for the Williams children. This group of four brothers and sisters is full of love and energy, and they want a family that is committed to loving them and giving them a safe home. They have close relationships to one another and they enjoy being together. These children are very protective of their siblings, and they want a family that will keep all of them together. They hope for a family that will love them and make them their "forever children".

**Cleo, age 14**, is a very quiet youth that likes to play both with his siblings and by himself. Cleo is in 9th grade, and receives special education services through his school. He likes to play sports and play outside with other kids. He is involved in the athletics program through his school.

**Cleopatra, age 13**, is a reserved child that takes time to warm up to others. She loves all of her siblings very much, but she also likes to argue with them. She prefers to be called "Patra", and she has a fun sense of style. She is very into fashion and being different from everyone else. Patra does pretty well in school with her grades, but she does have some struggles with accepting criticism. She attends regular classes and doesn't require special education services.

**Natasha, age 12**, is also a quiet child, but she loves to talk once

*(Continued on Page 11)*

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**Referred for a reason.**

# Lakes on Eldridge North

## Meet the Williams Siblings - (Continued from Page 10)

she feels comfortable with you. She has a beautiful smile, and she loves her siblings very much. She is the most expressive among the siblings with how much she loves them. She is very artsy, and she likes to draw different things. She is hopeful for a forever family, and she just wants to be loved. She is in regular classes at school and doesn't require special education services.

**Isaiah, age 6**, is in Kindergarten and doesn't require special education services. He is a very outgoing child that loves to go full force at all times. Being outside and playing with everyone is what he loves to do. He is full of energy and is constantly on the go. He likes to play with his siblings, but he is also happy playing by himself.

These children need a family that can care for and support them and allow them to continue visits with their two younger siblings who have been adopted by relatives. Perhaps your family could be their "Forever Family". Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas at 512-450-8750 or email at [stephanieberka@adopttexas.org](mailto:stephanieberka@adopttexas.org) To learn more about the adoption process and the Adoption Coalition of Texas, please call Bruce Thompson at 512-301-2825 or visit our website at <http://www.adoptioncoalitiontx.org>

## Recipe of the Month

### CHOCOLATE CRINKLES

- ½ cup vegetable oil
- 2 cups sugar
- 4 squares unsweetened chocolate (melted)
- 4 eggs 2 tsp. vanilla
- 2 cups plus 2 level Tbsp. flour
- 2 tsp. baking powder
- ½ tsp. salt

Mix oil, chocolate, & sugar. Blend in one egg at a time until well mixed. Add vanilla. Stir flour, baking powder, and salt into oil mixture. Chill several hours. Drop teaspoon of dough rolled into small balls into powdered sugar. Place 2" apart on greased cookie sheet. Bake 10-12 minutes at 350°. Do not overbake!

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English, Singlish, Mandarin, Cantonese, Taiwanese & Dialects

### DESIGNATIONS INCLUDE:

SMP, SFR, TAHS, QSC

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## Cypress-Fairbanks I.S.D.

2010

JULY						
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### Important Dates

Aug. 12-13	.....	New Staff Orientation
Aug. 16-20	.....	Professional Days
Aug. 23	.....	1st Day of School
Sept. 6	.....	Student Holiday
Oct. 11	.....	Professional Day / Elem. Parent Conferences
Nov. 24-26	.....	Student Holidays
Dec. 20, 21	.....	Inclement Weather Days/ Student/Staff Holidays
Dec. 22-31	.....	Student Holidays
Jan. 3-4	.....	Professional Days
Jan. 17	.....	Student/Staff Holiday
Feb. 21	.....	Professional Day / Inclement Weather Day
March 14-18	.....	Student/Staff Holidays
April 22	.....	Student/Staff Holiday
May 30	.....	Student/Staff Holiday
June 1	.....	Last Day of School
June 2	.....	Professional Day / Inclement Weather Day

2011

JANUARY						
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MAY						
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30	31					

#### ELEMENTARY SCHOOLS

1st 9 Weeks: Aug. 23-Oct. 22  
 2nd 9 Weeks: Oct. 25-Jan. 14  
 3rd 9 Weeks: Jan. 18-March 25  
 4th 9 Weeks: March 28-June 1

#### SECONDARY SCHOOLS






##### 1st Semester

1st 6 Weeks: Aug. 23-Sept. 29  
 2nd 6 Weeks: Sept. 30-Nov. 5  
 3rd 6 Weeks: Nov. 8-Dec. 17

##### 2nd Semester

4th 6 Weeks: Jan. 5-Feb. 18  
 5th 6 Weeks: Feb. 22-April 15  
 6th 6 Weeks: April 18-June 1

#### LEGEND

-  STUDENT/STAFF HOLIDAY
-  PROFESSIONAL DAY (Student Holiday)
-  FIRST & LAST DAY OF SCHOOL
-  PARENT CONFERENCES/  
HOLIDAY FOR ALL STUDENTS/  
PROFESSIONAL DAY
-  INCLEMENT WEATHER DAY

# TOP 50 REASONS

To Use My Real Estate Expertise in LOE & LOEN!

12015 Bolero Point Lane

12010 Bolero Point Lane

12010 Costa Del Rey Ct.

12019 Bolero Point Lane

5726 Ballina Canyon Ln

12144 Arroyo Verde

12007 Bolero Point

12011 Bolero Point

12122 Summerland Ridge Ln

12302 Sienna Rosa

5810 Ballina Canyon

5907 Mesa Brook

12203 Cabo Blanco Ct.

5702 Sapphire Vista

5803 Santa Fe Springs

6203 Ballina Canyon

6019 Sandia Lake

5918 Solar Point

12206 Cabo Blanco

5934 Solar Point Ln

6006 Serrano Terrace

5811 Serrano Terrace

6226 Ballina Canyon

12419 Sonata Canyon Ln.

Saratoga Springs Ln.

12219 Laguna Terrace Dr.

5606 Heather Rup

12411 Aliso Bend Ln.

12015 Arcadia Bend Ln.

6106 Ballina Canyon

12111 Ember Isles

6319 Tierra Lake Ct.

12403 Sandia Cove

5927 Serrano Terrace

6003 Isla Vista Ct.

12450 Lago Bend Ln.

5911 Sandia Lake Ln.

5904 Solar Point

6518 Grand Flora

12019 Arcadia Bend

12210 Cabo Blanco

6134 Sienna Arbor Ln

12019 Terraza Cove

5418 Sterling Brook

12518 Aliso Bend

6206 Cibola Park

6203 Paloma Park Ct.

12414 Calico Falls Ln.

12710 Wilbury Park

5802 Ballina Canyon



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# Lakes on Eldridge North

## FINANCIAL FOCUS

### *“Munis” Can Still Work for You — Even in Tough Time*

No matter where you live, the chances are good that a state or local government near you may be having some difficulty in balancing its budget. As a citizen, you're probably concerned about how this situation will affect your life and your community. But as an investor, you may also wonder how this might affect any municipal bonds you own. Fortunately, the outlook might be brighter than you think.

Of course, taken to the extreme, the financial challenges of some state and local governments could conceivably affect their ability to fulfill the payment obligations on their municipal bonds. But investment-grade quality municipal bond default rates historically have been very low, especially when compared to those of corporate bonds. And municipalities are cutting spending, eliminating nonessential programs and, in some cases, raising taxes or fees. In short, they are taking steps that, while potentially painful to residents, are likely to help them continue making timely payments of interest and principal on their municipal bond obligations. Furthermore,



municipalities must still fund various projects, and even one bond payment default could impact their future ability to borrow money in the form of new municipal bonds.

So are munis right for you? The answer depends on your situation — your goals, need for investment income, current investment mix, risk tolerance and so on. But if you want to receive interest payments that are exempt from federal taxes, you may well be interested

in exploring municipal bonds. Keep in mind, though, that municipal bonds may be subject to state and local taxes and the alternative minimum tax (AMT).

In addition, you'll want to be familiar with “taxable-equivalent yield.” Typically, municipal bonds pay an interest rate that's lower than those paid by taxable bonds. Since this interest is free from federal taxes, however, the rate may not be as low as it appears. The taxable-equivalent yield measures the rate you'd have to earn on a taxable bond to match the income from a tax-exempt municipal

*(Continued on Page 15)*

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## Financial Focus - (Continued from Page 14)

bond. And the higher your tax bracket, the higher your taxable-equivalent yield.

Suppose that you're in the 35% marginal tax bracket, and you are considering a tax-exempt municipal bond with a 3.33% yield. You simply divide 3.33% (0.0333 in decimal form) by 1 minus 0.35 (your tax bracket), which would give you 0.0512, or 5.12%. In this tax bracket, a muni with a 3.33% yield is equivalent to a taxable bond with a 5.12% yield. (This example is for illustration purposes only.)

Keep in mind that, before investing in bonds, you should understand the risks involved, including interest rate risk, credit risk and market risk. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and you can lose principal value if the investment is sold prior to maturity. So it's best to discuss municipal bonds with your financial and tax advisors.

By adding quality municipal bonds to your portfolio, you can show faith in your municipality, your investment dollars can help support worthwhile projects in your area, and you receive a steady source of tax-exempt income.



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**Colin's Hope Day at Schlitterbahn-New Braunfels**  
**Saturday, May 21st**  
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# Lakes on Eldridge North

## OVERCOMING BARRIERS TO EXERCISE

### *Enjoyment, Time, & Know How*

By Sarah S. Jordan, MS

We live in a busy world where creating and sticking with a regular exercise routine can be challenging. Many obstacles can stand in the way of our routine, including the enjoyment factor, time, and exercise know-how. But with a little creativity, planning, and dedication, the rewards can be oh so sweet! (Not to mention life changing.)

#### **1st Barrier - I don't enjoy exercise.**

For some people, exercise is simply not enjoyable. Think about what you did as a child as "play." Most likely, you enjoyed doing it. See if you can weave that into your workouts to make them more fun. Or make it social by exercising with a workout buddy or in a group setting.

Whenever I have people tell me that they just don't find exercise enjoyable, I work hard to find a mode of exercise that they do enjoy in order to get them started. Once they are moving more, eating smarter, and feel their hard work and activity paying off, it is much easier to find other modes of exercise to challenge them and help them see results. And I love watching exercise become fun for them and the thing that they look forward to in their day!

#### **2nd Barrier - I just can't find the time.**

If there is one thing that I have learned about my workouts since becoming a mother, it is that they will not happen if I wait for the time to open up in my day. I have to create, devote, and stick to the time I make for them. Here are some tips for making more time for exercise:

- ANY exercise is better than none. Even if you just have 15 minutes, take it. Your body and mind will be glad you did, and 15 minutes a day can add up to great things over time!
- Put exercise on your calendar and treat it like you would a mandatory meeting.
- Find a reliable workout partner. This not only makes workouts more fun, but it holds you accountable to show up.
- Invest in a personal trainer. They can create an individualized workout plan that fits your lifestyle and goals, and equip you with an incredible amount of education on healthy living.
- Make use of the early hours. Getting workouts in before the busy

(Continued on Page 17)

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# Lakes on Eldridge North

## Overcoming Barriers - (Continued from Page 16)

day kicks off ensures that they happen, and the entire day will be so much better because of it!

- Make it a family tradition. What a cool thing to expose our kids to - families moving together!
- Find what works for YOU. For some people, joining a gym is the most convenient option. If that is not realistic for you, find other activities, classes, and opportunities in your area.
- Don't give up. If you are not reaching your goals, determine what is not working and create a roadmap to resolve it. Remember that fitness is a lifestyle and it goes through ups and downs, but always benefits us if we persevere.

The other important thing is to make the time we do have count in the biggest ways possible. If we have just thirty minutes three days a week to exercise, it is essential that we step up the intensity of those workouts to get the most we can for our time. If duration is short, we need to increase intensity. Add intervals and hills to your routine, or find a fitness class or DVD that offers a combination of cardio and strength training.

### 3rd Barrier - I don't know how to exercise.

In today's world, exercise videos and how-to's are literally at our fingertips online. We also have options for FitTV, DVDs, and opportunities at gyms, studios, and parks around town. Finding

what works for your schedule and lifestyle is essential, so test a few things out before you commit.

Here are some options for gaining exercise know-how:

- Talk to your doctor to get recommendations and approval when starting an exercise program.
- Use credible online resources. One that I use often is the "ACE Get Fit™" section at [www.acefitness.org](http://www.acefitness.org).
- Put it in the hands of a professional and take out the guesswork by hiring an experienced personal trainer, or get involved in some group fitness classes.
- If you have a friend that is very fit and knows a lot about exercise, ask him/her if you can join them for their next exercise session.

*We all know that it is not easy to make time to exercise. But we have the power to make choices that can shape our future based on how much we move now. Sometimes all it takes is one step in the right direction.*



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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!

## Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

### EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

**Aerobic** means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing,

biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

### EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

### EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics
- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

### EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

### EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD  
Date reviewed: February 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



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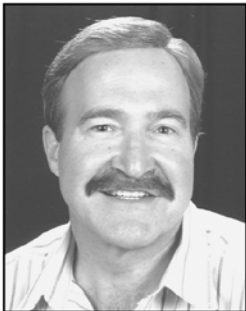
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