

CELEBRATION OF WELLNESS

NEWS

Issue 16

May 2019

Keep Your Kids Active This Summer!

Jessica Burr, ARNP and Certified Lactation Consultant

The summer heat is upon us! With the kids on summer break, it can be hard to get them to do much besides watching TV, playing video games, and staying inside. But staying fit during summer break is extremely important for our children.

Exercise is an easy way to help our minds and bodies feel good. Just a few of the many benefits of regular exercise include:

- Aiding in digestion
- Helping with sleep
- Releasing endorphins (feel good receptors) in our bodies
- Fighting off illness

Try your best to get your kids to be physically active for at least one hour each day. You may be wondering what you can do to help your kids stay active this summer.

One of the best ways for kids to remain physically active over the summer is to participate in some form of summer camp. Summer camps provide young people with all sorts of opportunities to remain active. You can find out about summer camps offered in your area by visiting a local recreation center, city hall, or even your school. If summer camps aren't an option for you, there are lots of other ways to keep your kids active. Here is a list of some activities you and your child may want to engage in this summer:

SWIMMING: Swimming is one of the best forms of exercise. If your child loves to swim, but you don't have a pool, visit a friend's house or head to your local public pool. Public pools are inexpensive and usually have many fun things to play on like diving boards and waterslides. Always make sure a lifeguard is present!

PLAYING OUTSIDE: Any form of the game "tag" is a great way to exercise. Gather the neighborhood kids and play a game of tag. It is a fun way to get kids running, and they won't even know they are exercising. Walking and bike riding is also a perfect way to get some exercise outside. Go riding with friends or find a cool nature trail to walk.

MAKE SHOPPING EXERCISE: Do your teenagers like going to the mall? Before shopping, have them walk around the mall for 20-30 minutes. If they are moving constantly for an extended period of time, then they are exercising!

YOUTUBE FITNESS VIDEOS: Check out YouTube for exercise videos. There are great videos for stretching, aerobics, yoga, and more. The best thing about these videos is that many range from five minutes to more than an hour, so everyone can find something that best fits their needs.



JUMP ROPE: Jumping rope is another great cardiovascular exercise activity. You can create games such as seeing how many times the kids can jump without stopping or time how long they can jump. Taking a jump rope on a walk is also a good idea.

MAKE EXERCISE A GAME: Write down exercises/activities on pieces of paper. Crumble up the pieces of paper and put them in a hat. Have one of your kids draw a piece of paper, and have them do that activity. This is fun because they never know what they are going to do. Maybe they'll ride bikes or maybe they'll shoot basketball. Be creative when thinking of activities.

USE TECHNOLOGY: If your child likes video games, try to mix in games that involve physical activity. Most of the new game systems have a great variety of games that expose kids to many forms of physical fitness. These games may include aerobics, dancing, boxing, bowling, tennis, and many other activities. You don't have to be an expert in physical activity to develop awesome games. Many websites offer information on games to play. When you have a free moment, check out Fuel Up to Play 60, Project Healthy Schools, and Let's Move!

Physical activity is extremely important for our kids! Research has shown that being sedentary can lead to unhealthy habits. Watching television, playing on phones, and playing video games can keep kids from being active. While watching TV or engaging in other sedentary activities, kids are also more likely to snack on foods that are high in sugar, salt, and fat. Approximately 89 percent of children between ages four and five spend more than two hours watching TV, videos, or DVDs every day. These habits that are set in childhood often follow them into adulthood. If even just 30 minutes of that time to do something active, it would make a huge impact in your child's overall health.

In conclusion, the best advice I can give is to find something active that you and your family enjoy doing and make it part of your daily routine. Physical activity should be fun, so get creative when developing your own ideas. Enjoy your summer, and while the kids enjoy their time away from school, make sure they stay active!

Summer Camp Round Up:

CREARTIVE CAMP

EXPERIENCE & CREATE WITH:
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Sculpting • Carving Construction & Building
Crazy FUN Art & Science • Creative play stations

FUN FRIDAY'S: bring your Bathing Suit & Towel!

INCLUDES:
All Art Supplies
Crested Crane Toilet
Breakfast Bars, Fruit,
Milk, Snacks, Creative
Tokens, Paper, and
Extra Love, Fun & Care!

LOCATION:
Celebration
K8 School
Art Studio

Sessions:
JUNE 3-7
JUNE 10-14
JUNE 17-21
JUNE 24-28
JULY 1-3, & 5
No Camp Fourth of July

TIMES:
Monday - Friday 8:30-4:00pm
7.5 Hour days

COST:
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\$365 Sibling Discount
\$100/day option available
\$310/Week of July 1st (4-day Week)

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407.791.9008
Registration Available online

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EXPERIENCE & REFINE YOUR SKILLS IN:
Basketball • Flag Football • Soccer
as well as learn and play recreation games
with cool down water games.

FUN FRIDAY'S: bring your Bathing Suit & Towel!

INCLUDES:
Camp T-shirt
A New Backpack,
Snacks, Ice Pops, & Fresh
Fruit only
*Bring your own
lunch!

LOCATION:
Celebration
K8 School
Gym

Sessions:
JUNE 24-28
JULY 8-12

Coached by Sports Specialist:
Matt Feliccia

Open to Incoming
2nd-8th Graders

TIMES:
Monday - Friday 8:30-4:00pm
7.5 Hour days

COST:
\$385/week
\$365 Sibling Discount
\$100/day option available
Half Days \$175/week

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Registration Available online

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Thinking Outside the Box About Pelvic Pain

by Kanisha L. Sierra-Ríos, MD, FACOG

Chronic pelvic pain (CPP) is pain in the pelvic area that lasts for 6 months or longer. CPP can present a major challenge for health care providers because of its complex nature and numerous etiologies. In the United States, estimated direct costs for outpatient visits for CPP are close to \$1 billion per year. An estimated 15-20% of women between the ages of 18-50 have pelvic pain that has been present for more than a year. CPP causes missed days from work or school, anxiety, depression, sexual dysfunction, and overuse of painkillers including narcotics. The numbers are alarming, so we need to address the issue and get the conversation started about pelvic pain.



Some possible causes of pelvic pain include:

Gynecologic: Fibroids, endometriosis, ovarian cysts, dysmenorrhea (pain during your periods), adhesions (scar tissue from prior surgeries), pelvic inflammatory disease, ovulation pain, and pelvic congestion syndrome can all cause pelvic pain.

Urinary: Kidney stones, interstitial cystitis (inflammation of the bladder wall), recurrent urinary tract infections (UTI), and tumors can all cause pelvic pain.

Gastrointestinal: Constipation, Irritable Bowel Syndrome, diverticulitis, and tumors can cause pelvic pain.

Musculoskeletal: Disc disease, nerve pain, low back pain, myofascial pain, and being overweight/obese can cause pelvic pain.

Identifying the correct cause of pain will determine the most adequate course of treatment. Because gynecologists are actively involved in the primary care of women, we are typically the starting point for CPP

evaluations. We have learned that not all etiologies of CPP are gynecological in nature. For this reason, CPP is a medical issue best managed using a multidisciplinary approach that could include referrals for Gastroenterology, Urology, and/or Pelvic Rehabilitation.

We invite you to open up about pelvic pain so we can better understand, diagnose, and manage your symptoms. Make your appointment today, so we can help start you on the path of living a pain-free life!

Mark Your Calendars!

OVARIAN & PEDIATRIC CANCER

REGISTRATION INFORMATION:
WWW.MFAMILYFOUNDATION.ORG
SUNDAY, SEPTEMBER 8TH 7:30 A.M. - 11:00 A.M.
LAKESIDE PARK, CELEBRATION FL

CELEBRATION OBSTETRICS & GYNECOLOGY + CELEBRATION PEDIATRICS
ARE HOSTING THEIR **THIRD ANNUAL 5K AND FUN RUN**
TO BENEFIT OVARIAN CANCER & PEDIATRIC CANCER
SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH & PEDIATRIC CANCER AWARENESS MONTH

**PLEASE JOIN US IN RAISING AWARENESS
AND MONEY FOR THESE GREAT CAUSES.**

Celebration Pediatrics Meet n' Greet:

Are you looking for an incredible Pediatric office for your precious baby? Look no further! Celebration Pediatrics is excited to invite you to meet our amazing staff, enjoy a tour of our world class office, and find the medical home for your baby! Light refreshments and snacks will be provided.

May 8th @ 5:30pm • May 22nd @ noon

Call us at 407-566-9700 to reserve your spot today!

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Looking for a unique Mother's Day gift?
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