

## 2019 KACO Posts

### **January**

#### **'Now' Is the Most Important Word**

Patterning good behavior is a stalwart of parenting and pediatrician advice. It's also good for pediatrician wellness. So, help your patients by taking care of yourself. A recent study demonstrated that stroke risk, like diabetes and heart disease risks, are reduced by staying fit. And the most important take away is that people who have stayed fit or have become fit are the ones who benefit. Never being fit or losing fitness were indicators for people with the highest risk. When it comes to health and wellness, there really is no time like the present! You can read more [here](#).

### **February**

#### ***Free App for Family Wellness***

Looking for a great little free app for your families, to help them find practical strategies for healthy nutrition and activity for their young children? Here's a great one from AAP and the Institute for Healthy Childhood Weight:

<https://tinyurl.com/y4bzdu7e>

### **March**

#### **Whether Lamb or Lion...**

March is the official start of Spring in Kentucky. And what a great time to get outside with the family, whatever your "family" may be! Looking for a great activity to do outside that is fun for all ages? Try Geocaching. If you are unfamiliar, Geocaching is basically a big scavenger hunt. You use your phone (ergo, no whining about not having a phone!) to locate hidden treasures left by other Geo-cachers wherever you may be. It's a blast and promotes problem-solving, physical activity and sun-induced vitamin D synthesis! The app is available at <https://www.geocaching.com/play/mobile>