

Way We Were

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Play Well

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## Play Well

There are multiple components to living a healthy and happy life, one of which we discussed in last week's Way We Were, Eat Well. The second most important aspect would be exercise, Play Well. For children and adults alike, exercise can come in many different forms. It can be an organized group, such as a sport team or a Sunday afternoon bicycle ride through the valley. There is never ending opportunity when it comes to being active. Exercise is incredibly important today, with our nations fight against obesity, but it was also understood and sought after years ago.

At the turn of the 20<sup>th</sup> century, people sought out healthier lifestyles and came to an understanding of the importance of healthy diet and exercise. However, not all of the opinions on how to lead a healthy and physically active lifestyle were sound. For example, one article from the Park Record compares the benefits of drinking alcohol to riding your bike and concluded that the benefits were one in the same. "Remember says an experienced New York physician that alcohol stimulates the heart and circulation in much the same way as exercise does..."<sup>1</sup> Similarly, many of the suggestions for losing weight are opposite of what we know of today. For example, another Park Record article mentioned the best way to lose weight was to cut out one meal a day, preferably breakfast, and to sip a cup of clear coffee.<sup>2</sup>

While our Parkite counterparts may not have had an excellent grasp on living healthy, their lifestyles were significantly different than ours today. Life was much simpler, most people lived an unintentionally healthy life, they didn't have televisions to spend hours sitting in front of, and most couldn't afford a horse or an automobile. Their everyday lives involved far more activity than ours today. They walked most places, worked labor intensive jobs, played outside with their friends, rode sleds, biked, skied, jump roped, and hiked, among other activities.

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<sup>1</sup> Park Record, 19 September 1899, Cycling and Alcohol.

<sup>2</sup> Park Record, 24 May 1902, How to Reduce Your Weight.

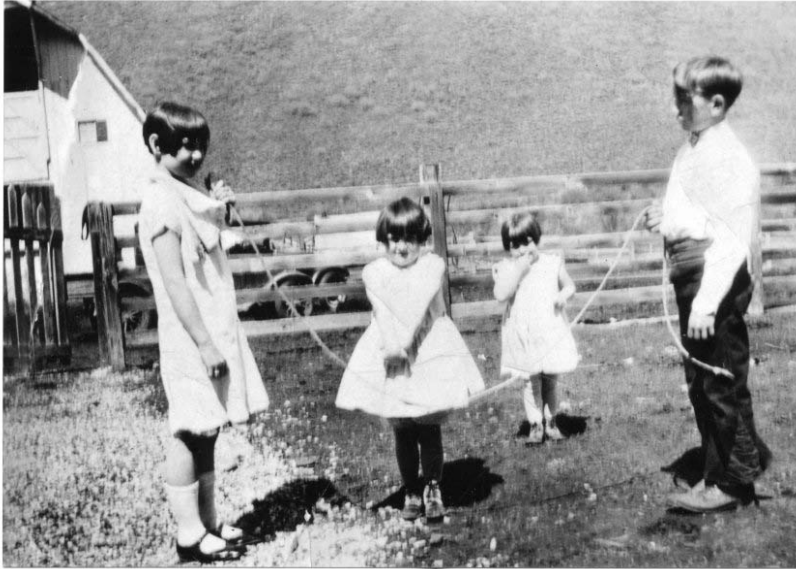
If you are interested in learning more about healthy eating and fitness in a family friendly, interactive environment, see our current traveling exhibit, *Eat Well, Play Well*. We have two local free days coming on April 16<sup>th</sup> and April 23<sup>rd</sup>. The exhibit leaves the Museum on April 28, so hurry in!



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Credit: Park City Historical Society & Museum, McDonald Collection

Caption: Two young girls enjoying a bike ride, Nellie Perry Prisk is riding the bike.



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Credit: Park City Historical Society & Museum

Caption: Kids jumping rope at McPolin barn. Left to Right: Emma, Grace, Betty, and Jim.