



# Summer Fun and Fitness



## Healthy Eating Tips

- Encourage kids to drink plenty to water to prevent dehydration, and limit sugary drinks like lemonade and soda.
- Keep freshly cut and cleaned veggies and fruit handy as a tasty afternoon snack.
- Replace fast-food runs with easy crock-pot meals the family can enjoy together.
- Set snack times to limit constant munching on junk food.
- Visit a local farmers market with your kids and encourage them to pick out their own veggies and fruit for lunches and snacks.
- Toss fresh veggies on the grill at your next BBQ.
- Try veggie burgers and turkey hot dogs as healthy alternatives, and serve with salad and other healthy side dishes.

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## Super Summertime Snacks

- Fruit kabobs
- Pears, apples and nectarines with almond or peanut butter
- Celery stalks with nut butter and sprinkled with blueberries or raisins
- Smoothies with soy, almond or rice milk, fruits and/or orange juice
- Whole grain cereal and granola with dried fruit and nuts
- Homemade fruit popsicles
- Air-popped popcorn
- Non-fat plain yogurt with berries
- String cheese
- Diced melon on cottage cheese
- Baby carrots with hummus



## Summer Fun and Fitness

- Encourage at least 30 minutes a day of a fun, physically exhilarating activity.
- Plan outdoor activities for the morning to avoid heat stroke and dehydration.
- Limit the amount of time your child spends watching TV, playing video games and on the computer — a good rule of thumb is no more than 1-2 hours daily and no more than 8 hours per week.
- Keep a supply of water toys and water balloons for kids to cool down outdoors and keep active.
- Take your kids to the local park or school playground and encourage them to participate in individual or group activities, like:
  - Soccer
  - Bike Riding
  - Basketball
  - Dancing
  - Jump Rope
  - Martial Arts
  - Swimming
  - Obstacle Courses
  - Skateboarding/In-line Skating
  - Hiking
- Check out your local recreation center for fun activities — such as swimming or dance classes — as well as local summer camps with daytime programs.
- On extremely hot days, encourage kids to play active indoor video games such as Dance Dance Revolution, WiiFit or many of the Kinect games.

### Choosing a Summer Camp

- Involve children in choosing a camp and preparing for the experience
- Be upbeat in discussing the camping experience and openly talk about homesickness, a major complaint of youngsters, and arrange for practice time away from home with friends or relatives
- Camp should have personnel familiar with CPR, and have an emergency plan to deal with possible outbreaks or cases of methicillin-resistant *Staphylococcus aureus* (MRSA)
- Camp needs to encourage good hygiene and hand-washing techniques among all campers
- Camp should serve only foods that follow federal guidelines for school nutrition
- Camp should never offer food as a reward or threaten to withhold it as punishment
- Camp should involve at least 30 minutes of daily physical activity
- Require campers to provide officials a complete annual review of their health from a licensed health care provider, including a comprehensive history
- Campers with histories of conditions such as asthma, seizures, diabetes, allergies, compromised immune systems, birth defects, mood or anxiety disorders, or attention deficit hyperactivity disorder should provide a specific medical clearance and plan, before being allowed to participate
- Campers should be in compliance with recommended immunization schedules published yearly by the AAP