



In the summer time,
 when the weather is fine...

The summer has finally arrived and families are ready to hit the road for fun or enjoy some relaxation at home! Here are some ideas to keep your family active :

- * Go swimming. This is a fun way to exercise as a family and stay cool under the hot sun!
- * Go for a walk... on the beach or around the block. Walking before or after family meals is a great habit. Check out local parks and recreational facilities.

- * Go for a bike ride. Find a local trail, park or boardwalk to go biking. Don't forget your helmets!
- * Go sightseeing on foot. Ditch the car and take a walking tour to learn about the history, legends and fun stories of your surrounding area—home or away.
- * Use the fields at local schools for a family game. Softball, soccer, Frisbee...you name it!



Stuck Indoors? Beat the Couch Blues

Summer heat and strong storms that can keep children inside and on the couch. Consider these indoor activities:

- ◆ Have a dance party as a family, featuring everyone's favorite

tunes and moves!

- ◆ Host a family scavenger hunt – hide toys and other items around the house to get your kids moving.
- ◆ Head to your local mall, where it's cool

and dry all year. Try power walking the corridors.

- ◆ Use household items—liked canned goods—for a weight-lifting session.

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Volume 1, Issue 3
 July 18, 2011

**Healthy
 Summer**

Snack Ideas:

- Find fresh fruit at your local farmer's market. Peaches, berries and melon await!
- Top celery sticks with peanut butter and raisins
- Create your own trail mix with nuts and dried fruit
- Make your own yogurt and granola parfait
- Freeze bananas, grapes or blueberries for a healthy, frozen treat

FOOD FOR THOUGHT

Do you know the **sugar** and **calorie** content
in your family’s favorite drinks?

The summer is a time for fun, sun, and playful kids in search of cool drinks to quench their thirst. See how your favorite beverage measures up, and make healthy drink choices.



Drink (12 oz. serving)	Grams of Sugar	Approximate Number of Teaspoons of Sugar	Calories
Water	0 grams	0 teaspoons	0
Cola	41 grams	10 ¼ teaspoons	150
Orange Juice	30 grams	7 ½ teaspoons	160
Fruit Punch	46 grams	11 ½ teaspoons	195
Sports Drink	8 ½ grams	2 teaspoons	75

For a longer list of your favorite beverages, visit [We Can!](#)

Ingredients:

- 2 large bananas
- 8 “scoops” of watermelon
- 2 cups of fresh blueberries
- 1/2 cup vanilla low-fat yogurt
- 1/4 cup of crunchy cereal nuggets

Remember: Fruits & vegetables keep teens healthy, prevent disease, and are low in fat & calories. People of all ages should eat nine servings of fruit & vegetables every day. Visit www.choosemyplate.gov for more info!

Watermelon Blueberry

Banana Split

A refreshing recipe the whole family will love!



For source & nutritional information, see page 118 of your BodyWorks Healthy Recipe cookbook.

Directions:

1. Peel bananas & cut in half crosswise, then cut each piece in half lengthwise.
2. For each serving, lay 2 banana pieces against the sides of a shallow dish.
3. Place watermelon “scoops” at each end of the dish.
4. Fill the center space with blueberries.
5. Stir yogurt until smooth – spoon over the watermelon “scoops.”
6. Sprinkle with cereal nuggets.



Motivate Your Children to be Healthy this Summer!

Remember: Parents are the best role models for children, so encourage your kids to establish healthy eating and activity habits !

- Choose water instead of soda or other sugary beverages
- Take the stairs instead of the elevator
- Walk to the nearby store instead of driving – this can be fun for the entire family!
- Limit television and computer time
- Make a small salad a regular part of dinner each day or a few days a week
- Prepare healthy food and snacks with your children so they can learn about good nutrition while learning how to cook!
- Take frequent bike rides or walks around the neighborhood or at a local park
- Create a family garden—grow your own veggies or flowers.



Check out the NEW BodyWorks Website!

BodyWorks just launched a new and improved website to coincide with the demand for this growing program.

Check it out [here](#), on the Office on Women's Health website!

Feel free to contact us regarding:

- * Thoughts and feedback on

the new BodyWorks Bulletin

- * Updates on how you've stayed involved with BodyWorks
- * Questions about health and nutrition—to be answered by a health professional in our next edition!

Contact us at:

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Students do best when they are physically fit! The California Department of Education matched standardized reading and math scores with scores from state physical fitness tests of 5th, 7th, and 9th grade students. The state officials found that higher math and reading scores were associated with higher fitness scores at each grade level.

**Dr. Monica Richter — *BodyWorks* trainer and Pediatrician from Mercer Island, Washington—
shares some summer time tips**

What is the biggest challenge families face when staying active during the summer? What advice would you give them to overcome these obstacles?



Family activities are important but time is frequently a problem. In many families, the adults work full time & the children are with caregivers during the day. For those families I recommend evening walks, cycling or roller blading.

What activities would you recommend to families during the hot summer days?



If the weather is too hot, consider swimming or bowling. Many malls are also open early for walkers.

How much water should children & adults drink each day to stay hydrated in the heat?



The idea of eight glasses of water is a myth. Have water available & to take water breaks during strenuous activities. Drink water if you are thirsty & if the weather is hot. Avoid caffeine because it causes you to urinate more.

What precautions should parents take before letting their children play outside during the summer?

Don't forget to use sunscreen and reapply after swimming. If you are in an area with ticks, wear appropriate clothes with long sleeves, tuck the legs of pants into the socks and use an insect repellent in all other areas. Avoid activities when the sun is directly overhead.

Do you have any summer-related nutrition tips to share with families?

Enjoy the fresh fruits & vegetables and visit the local farmer's market.

