



Summer Physical Activity

School's out! How is your family staying active? Make the best of summer vacation by going outdoors and enjoying the fresh air and sunshine. Learn how to make summer activities fun and safe for your family by using the tips described below.

Drink Water

It's recommended that children are physically active at least 60 minutes each day. On a hot summer day you may need more water to stay hydrated. It's important to drink water before, during, and after exercise. Water is the best choice, and sugary drinks such as sodas should be avoided. Sports drinks are not needed unless your family participates in high-level activities for more than one hour. In addition to staying hydrated, be sure to practice sun safety too! Hats, sunglasses, sunscreen, and breaks in the shade are all ways to stay safe in the sun.

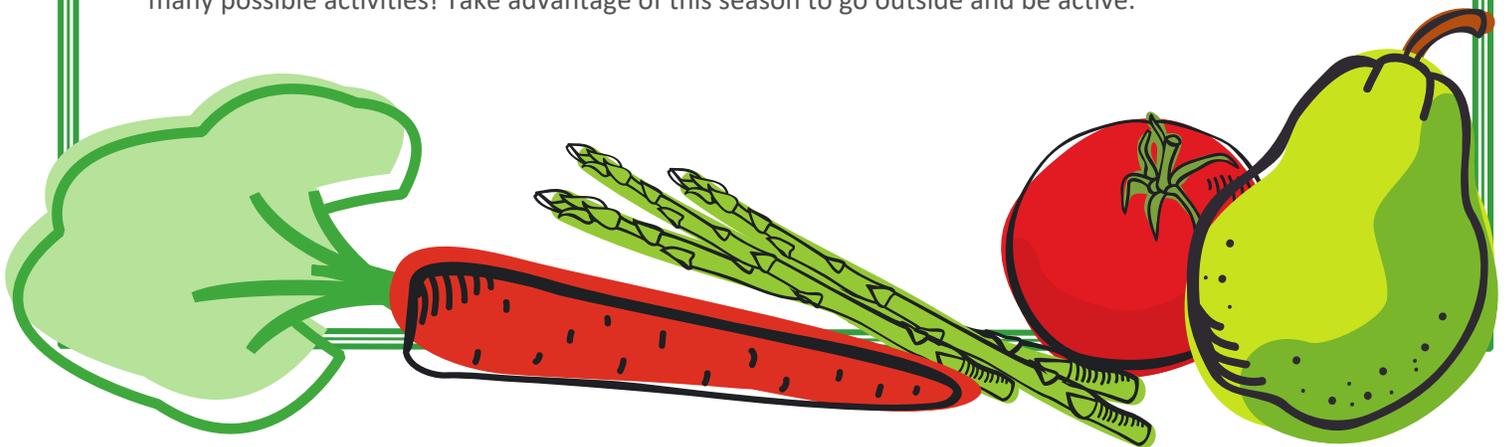
Fun in the Sun

Choose activities this summer that the entire family can enjoy! Local parks offer great, free opportunities to be active outside. Enjoy nature by going on scenic trails. Take advantage of basketball, volleyball, and tennis courts to learn a new sport! Some parks may even have a scheduled list of activities on their website that you can print out.

You can have fun and stay fit in your own backyard, too. Did you know gardening is a great form of physical activity? Whether it's planting new veggies, weeding, or carrying a watering can, gardening is a great way to be active. Growing their own foods helps get kids excited to eat healthy. In addition, kids can learn where fruits and vegetables come from.

Indoor Fun

Remember that you don't always have to be outside to stay active. On extra hot or rainy days, be sure to plan fun activities indoors. It is easy to watch tv, but kids would love to do a scavenger hunt inside or turn on music for a dance party. Even playing musical chairs is simple and exciting! It's important to stay active with your family all year. Summer offers long days, great weather and many possible activities! Take advantage of this season to go outside and be active.



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