

Healthy Weight

INITIATIVE

NEWSLETTER



HEALTHY AND QUICK SNACK IDEAS

Here are a few ideas for snacks that are great for your children and you!

- Raw veggies such as carrots, cauliflower, and broccoli make a great fast snack. Keep a variety of cleaned, cut, and ready-to-eat vegetables in plastic bags in your refrigerator.
- Kids love mini carrots. Here's a tip - divide larger bags into individual servings and store in plastic bags. Then they're ready to grab and enjoy!
- Chunks of pine-apple, bananas, and kiwis make great kabobs that can be frozen. Store in freezer bags for quick snacks.
- Raisins and other dried fruit like apricots, cranberries, apples, blueberries - even bananas - are a perfect "go-anywhere" snack for kids!

FRUITS & VEGGIES IN SEASON

Apples	Melons
Apricots	Okra
Avocados	Peaches
Bell Peppers	Peas
Beets	Plums
Blueberries	Radishes
Blackberries	Raspberries
Cantaloupes	Shelling Beans
Cherries	Strawberries
Cucumbers	Sweet Corn
Grapes	Tomatoes
Green Beans	Watermelons
Limes	





STAY HYDRATED IN THE HEAT

- What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories.
- Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories
- Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water!
- Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.
- Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment
- Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages - drinking water can help you manage your calories.
- Be sure to have water available when your child is playing outdoors or doing other physical activity.
- Make sure your preschooler drinks fluoridated water. It helps build and maintain strong teeth. Many community tap water supplies contain fluoride.

Water is essential for body functions; it is in every cell, tissue, and organ in your body.

Water helps your body to:

- Keep its temperature normal.
- Lubricate and cushion joints.
- Protect the spinal cord and other sensitive tissues.
- Get rid of wastes through urination, perspiration, and bowel

SIGNS OF DEHYDRATION

Dry mouth

Dark urine

Headache

Dry skin



PHYSICAL ACTIVITY IN THE SUMMER

Summer is here and here are some fun ideas for you to enjoy the sun and stay healthy for the next few months.

- **Take a Stroll** - Explore your neighborhood by taking a walk around the block or heading to the woods for a hike as a family.
- **Wheel Around** - Grab your helmet and get ready to move! Whether you're lacing up your rollerblades, jumping on your bike, or breaking out your scooter, spending your summer wheeling around is a great source of exercise.
- **Make a Splash** - Spending time in the water is not only a great way to cool off on a hot summer day – it's also the perfect way for you to stay active. Grab your bathing suit and swim some laps in the pool, paddle down the river, or surf the ocean!
- **The Ultimate Workout** - Grab some friends and head to the park to throw around a Frisbee. This is not only fun to play, but also a great way to build muscle and endurance.
- **Get on Your Feet** - There are so many fun outdoor activities you and your friends can take part in this summer. Find some friends to run around and play a game of Capture the Flag. Participate in a hula hoop contest and strengthen your core.
- **Picnic** - Prepare a healthy summer meal, break out your red checkered table cloth, and head to the park.

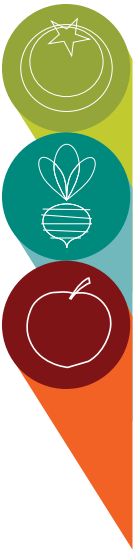


Sometimes it's just too hot to spend the day outside. Visit a museum or garden or turn on the radio and dance in your living room!

Play games in the yard - Here are several fun games for the backyard!

- Scavenger Hunt - ask your child to find three things in the yard such as brown leaf, green leaf and white rock and bring in back within one minute.
- Green Hunt - cut up green construction paper into one inch by 8 inch strips. Hide the green paper strips in the grass. The child must find all the strips that you have hidden.
- Bubbles, Bubbles, Bubbles - practice blowing bubbles and chasing them. Blow bubbles, catch it on a wand and your child can clap or kick the bubble to pop it.
- Sidewalk Chalk Games - Hop-scotch is always a great physical activity to practice jumping, bilateral coordination and motor planning. Draw long, twisty lines with the chalk and child can try to walk on line without stepping off.
- Ball games - play catch with different sized balls, beach balls or even better water balloons. Practice dribbling a ball with your feet - use a beach ball or balloon for easier control to start.

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NEWS AND EVENTS

PHYSICAL EDUCATION AND HEALTH WORKSHOP

AUM School of Education, Alabama Department of Public Health, and Alabama State Association for Health, Physical Education, Recreation and Dance are sponsoring a one day conference, Physical Education and Health Workshop, on June 27, 2014 from 9:00 a.m. – 3:00 p.m. at the AUM Wellness Center. For information contact Breeana Boyd from AUM Kinesiology Department at 334-244-3547.

PHYSICAL EDUCATION & HEALTH SUMMER CONFERENCE

The Alabama Sports Festival Foundation is sponsoring the Physical Education & Health Summer Conference on July 30, 31 and August 1, 2014 at the Alabama 4-H Youth Development Center. Outdoor education for upper elementary, middle, and high school, activities for large groups for both elementary and middle school, adapted physical education activities, and legal issues in physical education are some of the many topics to be covered at this conference. To register or get additional information email Nancy Ray at nray@alsde.edu.