

Summer Camps– by Carolyn Graves-Weighing In Intern

It's that time of the year again! Kids are finishing up school and are ready to have some summer fun! For parents, summertime can be stressful, but if you plan ahead, you and your family will have a summer full of fun!

There many of great camps in the Kansas City area that are sure to keep children active and engaged this summer. Summer camps offer everything from sports, science and reading to performing arts, so rest assured there is something for everyone. Help avoid excessive screen time this summer and relax knowing that your child is having fun while learning and being active. Below are some area options for children to have some healthy fun this summer. Be sure to check the local park and recreation location nearest you for other options.

⇒ **Johnson County Park & Recreation District** offers kids of all ages a wide assortment of day camps and clinics to choose from. Find out more: <http://icprd.com/activities/camps.cfm>

⇒ **Camp Out Loud at the Y-Multiple dates.** “Fast forward to a summer of self-expression, learning, activity, adventure and friendship.” Ages 3-17; Register online at: <http://www.kansascityymca.org/programs/camps>

⇒ **Kansas City Parks and Recreation Summer Enrichment Camps** provide a great opportunity to make friends, play sports and games, enjoy arts and crafts, and go on fun field trips. Ages 6-13; Check out more at: <http://kcparks.org/program/summer-enrichment-camp-4/>

Be sure to check the local park and recreation location nearest you for other options or go here: <http://projects.kansascity.com/2015/summer-guide/>.

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Did You Know?

- ⇒ Tomatoes are the fruit of a tomato plant but are grouped as a vegetable.
- ⇒ Apples float in water because they are 25 percent air.
- ⇒ An apple tree can produce up to 400 apples a year.
- ⇒ Dark green vegetables include more vitamin C than light green color vegetables.
- ⇒ Kiwi contains twice as much vitamin C as an orange.

In The News

National Parks and Recreation Month

This July, celebrate by going to a local park. Check out their programs.

Kansas City Kids Marathon

Registration is open! Join us: Saturday, Oct. 17, 2015 at 9:30 a.m. Washington Square Park

<http://waddellandreedkansascitymarathon.org/race-info/kids-marathon/>



Plan to be Active – By Carolyn Graves, Weighing In Intern



If you are trying to incorporate more physical activity into your family routine, an active vacation might just do the trick! It's a chance to do things your family already enjoys and maybe try something new, while also being active. But before you pack the hiking boots, bike helmets, and swim goggles, here's how to plan a trip that will be fun without being exhausting, especially for young travelers.

What is an Active Vacation?

Lots of vacations are active, but specifically planning an active vacation means you're looking for an extra measure of physical activity. Instead of

only going to the beach, for example, you might choose a hotel that offers tennis lessons, fishing excursions and shuttles to a nearby water park.

Big City Sight Seeing

For a trip to a big city, an active vacation could include walking tours, visits to museums and zoos, or skating at a local park. You could then end each day with a dip in the hotel pool.

Outdoor Adventures

There are also full-fledged adventure vacations that focus on whitewater rafting, scuba diving or mountain biking. Camping is also

another popular choice and can be affordable or extravagant, depending on where you go and how much camping gear you already own. The nation's 388 national parks offer a wide range of activities, from nature walks to programs that award your child the distinction of being a Junior Ranger.

Depending on your budget and place of travel, active vacation excursions may vary, but it is important to remember to keep your kids engaged. Try to encourage at least an hour a day of physical activity and remember to also plan some healthy meals on the go!



Controlling Screen Time

- Make a plan to limit technology use and stick to it!
- Expect pushback. Kids might not be happy at first with your plan, but if they're so busy having fun outside they'll quickly forget their video games!
- Avoid screens as rewards. Whether TV, video or computer games, don't use these as a reward for good behavior. That sends a mixed message.
- Try not to leave a child alone with a screen. TV or video games are not a substitute for supervision or time spent together.
- Establish "screen-free" zones. Be firm with establishing places in the house and times where screens aren't allowed.



What's In Season This Summer?

- Bell peppers
- Cantaloupe
- Cherries
- Cucumbers
- Strawberries
- Tomatoes
- Watermelon



www.fruitandveggiesmorematters.org



Get creative with milk and yogurt!

- ⇒ Use low-fat or nonfat milk for creamy soups.
- ⇒ Top your baked potato with low-fat or nonfat yogurt in place of sour cream.
- ⇒ Like in the recipe provided, add yogurt or milk to your fruit smoothies.
- ⇒ Use low-fat or nonfat yogurt to make different dips for fruits or vegetables.



Beat the Heat with Water!

By Carolyn Graves, Weighing In Intern

Sizzling hot summer days call for clever ideas that can keep you cool and get the kids out of the house. Make a splash this season with a bucketful of backyard games to beat the heat!

Jump Water

This activity will be sure to get your little ones moving. Run a strong stream of water from a garden hose back and forth like a snake under your child's feet allowing them to jump over it. With more kids, turn it into a competition! Whoever's feet don't get drenched wins!

Musical Sprinkler Freeze

The great thing about this game is that everyone's a winner. Start with the sprinkler turned off. Players must move around the sprinkler area, jumping, dancing or striking funny poses. Then, when the sprinkler is turned on, they must freeze in position and get drenched until the sprinkler is turned off again.

Sponge Water Race

Divide the kids into two teams and give each team two buckets and one large sponge. Put the same amount of water in

each team's bucket and place the bucket near the team. Take the empty buckets and put them off at a distance. The players need to soak the sponge, carry it to the empty bucket, wring it out, then take it back to the next person in line. This continues until all of the water from the first bucket is in the second bucket. If you don't have enough kids to make teams, try timing the race instead.

Drink Up

Encourage your child to try water flavored with different

ingredients. Include slices of cucumber, lemon, lime, orange and various berries (raspberry, strawberry, blueberry)—and see which one they like best.

Have Fun!

Most importantly, have fun! Play the games with your children and make it a family affair. Children learn by example, so start early and encourage them to be active and make healthy choices.



Recipe Corner

Creamsicle Smoothie

Yields 3¹/₂ cups= 2 servings



Ingredients:

- 3/4 cup 100 percent orange juice
- 1/2 cup vanilla nonfat yogurt
- 1 frozen banana
- 1/2 cup water

Preparation:

1. Peel the banana.
2. Place all four ingredients in a blender.
3. Blend ingredients on high for 30 seconds, or until smooth.
4. Pour and enjoy!

*More water can be added for desired consistency

Nutrition facts per serving: 150 calories; 0 g total fat; 34 g carbohydrate, 27 g sugar, 2 g fiber, 4 g protein.



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For more tips on how to lead a healthy lifestyle go to www.fittastic.org.

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