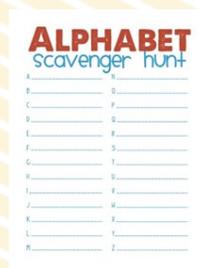


Spring is Here! By Emily Rost, Weighing In Intern

Spring has sprung and that means nice, warm weather is upon us. If you are looking for some creative indoor or outdoor activities, here are some ideas that are free for you and your family to stay active together.

Alphabet Scavenger Hunt

An alphabet scavenger hunt can be played indoors or outdoors. Kids can go on a hunt in a library, museum, store or even in their house to find an object that starts with each letter of the alphabet. Take it to the park and maybe your scavenger hunters will find treasures like acorns, bark from a tree, a cardinal or a dog! Team younger kids with older kids to help them write words or draw pictures on their game sheet. Set a timer for 15 minutes. The team or player with the most answers wins!



Jump Rope Challenge

Give each player a plastic cup filled with water. Start by having two people swing a jump rope in unison. One at a time, each child must attempt to enter the rope and jump three times, all while spilling as little water as possible. The child with the most water left in his cup wins the game.

Freeze Dance

Turn on some of everyone's favorite music and start dancing your heart out. Let everyone dance for awhile and then stop the music. Everyone must freeze when the music stops. The last person to freeze is out. The last dancer left dancing is the winner!

Bowling

For this activity all you need are some empty plastic bottles and a ball. Set up the empty bottles as you would bowling pins. A nice flat area works best for this activity. Once your pins are set up, take turns rolling the ball and see who can knock the most down!



Bike Safety by Emily Rost, Weighing In Intern

Bicycle riding is fun, healthy and a great way to live an active lifestyle for kids and adults. Riding around the neighborhood or park with family and friends is so fun it doesn't even seem like exercise! Don't have a bicycle? Don't worry, you can visit Revolve KC's Bike Shop to complete any of the Earn-a-Bike programs to earn a good quality used bicycle. Anyone aged 14 years and older can take a free online bike safety course and earn a bicycle that way. <http://revolvekc.org/earn-a-bike/>

Here are some basic safety tips when you ride:

1. Wear a properly fitted bicycle helmet for every ride.
2. Always wear sneakers and bright clothing.
3. Check to make sure the brakes work well and tires have the right amount of pressure.
4. Be sure the seat, handlebars and wheels all fit tightly.
5. Daytime riding is safest. Avoid riding at night.

Volume 5, Issue 2 Spring 2016 Did You Know?

- ◇ Asparagus stalks can grow 10 inches in one day.
- ◇ Most Americans regularly eat fewer than 30 different foods.
- ◇ The world's heaviest watermelon weighs as much as 10 koalas!
- ◇ The world's largest carrot grew as long as an SUV.

(National Geographic Kids Weird But True book)

In The News

It's Farmer's Market Season! Stop by these local markets:

- ◇ City Market: 20 E. 5th St. (Kansas City, Mo)
- ◇ Zona Rosa Farmers Market: 8640 N. Dixon Ave. (Kansas City, Mo)
- ◇ Overland Park Farmer's Market: 7950 Marty St. (Overland Park, KS)

Prepare for Screen Free Week

May 2-8, 2016

- ◇ Explore the Nelson Atkins Museum or park.
- ◇ Grow something in the garden; pot some plants or herbs.
- ◇ Alphabet scavenger hunt in your neighborhood.
- ◇ Picnic in the park.
- ◇ Take a family bike ride.
- ◇ Adopt a new active family hobby.



What's In Season This Spring?-Apricots!

Apricots are closely related to peaches and nectarines. Apricots have a pit surrounded by delicious, edible flesh. Fresh ripe apricots taste similar to plums and are often crossed with plums to make plumcots. Apricots are low fat and saturated fat free, excellent sources of vitamins A & C and good source of potassium and fiber.



Drinking Water to Transform Health

Drinking water has many health benefits. We need at least 4 servings of water a day. Here are a few tips to help you form good habits:

Get off to a good start. When you wake up, drink a couple of glasses of water. Make this part of your daily routine.

Have water available at all times. Get a secure container to fill up when on the go. Keep a pitcher in the fridge so it's cold and convenient.

Use water to save money. Tap water is virtually free. Save money by ordering water when dining out.

Try fruit flavored water. If you don't like plain water, add some frozen or fresh fruit to your water. Orange, lemon or lime slices are popular add ins. Berries are also great. Slightly smashing the berries with a spoon will increase the amount of flavor in the water.



The Importance of Milk and Dairy -adapted from choosemyplate.gov

Many different vitamins and nutrients can be found in milk and yogurt. Here's an idea of what a few of them do!

- Eating and drinking low or non-fat milk or yogurt helps improve bone health. Your body uses calcium to build healthy bones and teeth and maintain bone mass.
- Phosphorus is used for energy release while magnesium helps our muscles move.
- Vitamin D helps our bodies maintain the proper levels of calcium and phosphorous.

- Protein is important to build and repair tissue in our bodies.
- Vitamin B12 produces healthy cells for our bodies.
- Vitamin A is used for good eyesight and immune function.

Intake of low or non-fat dairy products has been shown to decrease the risk of cardiovascular disease, osteoporosis, type 2 diabetes and lower blood pressure in adults. Choose 3 servings of low and non-fat milk or yogurt each and every day to keep your bones, muscles and whole body strong and healthy!



Recipe Corner



Grapesicles

(Makes 4 servings, 4 skewers per serving)

Ingredients:

- 48 green seedless grapes, rinsed
- 48 red seedless grapes, rinsed
- 16, 6-inch wooden skewers

Preparation:

1. Slide 6 grapes onto each skewer; alternate red and green or make your own pattern.
2. Place skewers with grapes into the freezer for 30 minutes.
3. Serve immediately.

Nutrition Facts:

For a serving of 4 skewers: 83 calories; 0 g total fat, 22 g carbohydrates, 1 g total fiber, 1 g protein



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

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

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