

Nutrition News

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Eat Vegetables, Move More: Make Physical Activity a Part of Summer Fun!

Summer is a beautiful time of the year, but it can be hot. Don't let the summer heat be an excuse for you to be a couch potato. Adults need at least 30 minutes of physical activity on most days of the week. The summer sun can be fun as long as you take precautions.

Quick Tips to Safe Physical Activity in Summer

1. Plan activities in the cooler part of the day - morning or right before dark.
2. Stay sun safe: Try to exercise in shaded areas; wear sunglasses, a hat and sun screen.
3. Start slowly: Increase your activity level over time.
4. Choose the right clothes: Wear lightweight, light-colored comfortable clothes.
5. Stay hydrated: Drink plenty of water, before, during and after activity.
6. Stay safe: If you feel thirsty, tired, confused, dizzy, weak, have a racing heartbeat or trouble seeing, stop your exercise immediately, go to a cool place to rest and drink water. Visit the doctor if symptoms don't improve.

Outdoor Physical Activities

1. Walk, jog, or run in the park or in a safe area.
2. Ride your bike around the neighborhood.
3. Swim with friends.
4. Fly a kite.
5. Enjoy a friendly game of basketball or soccer with the kids.

If the heat is too much to beat, be creative, and try some indoor activities. Think of things you already do inside that requires standing up and moving around, such as cleaning windows or washing dishes.

Indoor Physical Activities

1. Do stretches – side bends, toes touches, neck roll.
2. Do exercises – sit-ups, crunches, arm curls, leg lifts, push-ups, jumping jacks.
3. Run or jog in place
4. Walk up and downstairs
5. Dance to music on the radio or your favorite CD
6. Walk around the mall or grocery store.
7. Clean the house – vacuum, sweep, mop, dust and many more.

Summer is also a time when kids are out of school and at home, so remember to involve them in a daily physical activity plan. Kids are used to being physically active and can get restless with too much sitting. Make sure they are up and moving each and everyday. Ideally, children need to be physically active at least 60 minutes or more each day.

Fun Physical Activities for Kids

1. Play Frisbee
2. Skate or bike in the park
3. Play jump-rope
4. Twirl a Hula Hoop
5. Play hopscotch
6. Play freeze tag or catch
7. Run through a sprinkler

Daily physical activity is an important part of a healthy lifestyle for all ages. Physical activity can reduce the risk of heart disease, high blood pressure, type 2 diabetes, colon cancer and osteoporosis. It can help with weight loss and weight maintenance, it boosts energy level, reduces stress and tension, reduces the feeling of anxiety and depression, and it can improve self-image.



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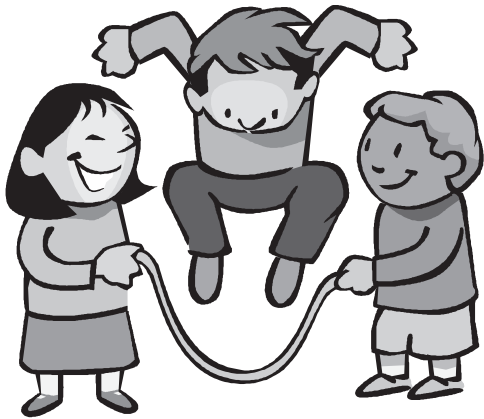
Family Fun Activity

Jump Rope Relay

Increasing physical activity can be fun for the whole family

Need:

- ▶ 2 jump-ropes
- ▶ Empty cereal boxes or plastic drink containers
- ▶ Medium-size plastic ball



Instructions:

1. Mark the boundaries for the race.
2. Divide into 2 teams.
3. Give each team a jump-rope.
4. Say “Ready, set, jump-rope.”
5. The first player on each team races to the goal line and back to the starting line.
6. The next player goes, and so on.
7. The team that has all its players cross the finish line first wins!

Make sure to check with your doctor before beginning any kind of exercise routine.

Resources:

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary guidelines for Americans*, 2005. 6th Edition, Washington, DC.: U.S. Government Printing Office, January 2005.

U.S. Department of Health and Human Services. CDC Physical activity for everyone Web site. Available at <http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>. Accessed on April 1, 2007.

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To find out more, contact your parish agent.