



Healthy You for Life

Summer 2024

Let's Plan on a Healthy Summer!

Summer vacation is something kids look forward to all year. It can be a fun time to relax and recharge after a busy school year, but too much unstructured time can often get in the way of achieving your healthy goals. This summer, we challenge you to make a daily schedule for meals, snacks, and activities!

Have you wondered if you're really hungry between meals or if you're looking for a snack because you are bored? If you find yourself thinking about snacking outside of your scheduled meal times, try moving to a new area and having a glass of water. Taking a break from the same old activities and trying something new can be a helpful distraction on a day when you're stuck at home. Dehydration is common during the hot summer months, and can make you feel hungry when what your body really wants is something to drink.

Snacks are an essential part of a healthy diet for growing kids. Planning ahead can do a lot to increase the chances that snacks are helping your family instead of getting in the way. Here are some tips to ensure that you and your family are making the most of your summer snacks:

- Set a schedule of regular meal and snack times. Discourage "grazing" throughout the day.
- Include a source of protein and fiber at snack time (Hint: fruits, vegetables, and whole grains are excellent sources of fiber!)
- Wash and cut up fresh fruits and vegetables ahead of time so they are easy to choose.
- Limit the amount of processed snack foods available at home over the summer. Sweet and salty snacks can be hard for kids and their parents to resist. This includes frozen and instant foods such as ramen noodles, hot pockets, frozen pizza and chicken nuggets.
- Make meals and snacks social. Sit at a table with other family members and eat together.
- Offer real fruits and vegetables instead of fruit pouches. It's ok to occasionally offer fruit pouches to children, but children need the opportunity to touch, taste, and chew real whole fruits and vegetables.



Tip from your team at Health You:

Turn off screens during meals and snacks. It's hard to listen to your body and know when you are hungry or full if you're busy paying attention to a screen!

Have fun staying active this summer!

Hey there, summer superheroes! Ready to power up your summer vacation with some epic adventures? In this edition of our newsletter, we're unlocking the secrets of staying active during the sunny season. Discover how getting your groove on keeps your body strong, your mind sharp, and your summer charged with fun. From indoor dance parties, to outdoor scavenger hunts, and family fun nights we have some awesome ideas to keep you moving all summer long! So grab your cape, lace up those sneakers, and let's make this summer the most action-packed on yet!

Staying active during summer isn't just about having fun, it's also super beneficial for your growing body! Here are some awesome perks:

- **Stronger muscles & bones:** running, jumping and playing sports help build muscles and strengthen bones, making you stronger and more resilient
- **Healthy heart & lungs:** When you stay active, your heart gets a workout too, pumping blood more efficiently and keeping your lungs in top shape.
- **Boosted energy levels:** Instead of feeling sluggish and bored, staying active keeps your energy levels high.

Staying safe while having fun in the summer heat is crucial. Here are some top tips:

- **Stay hydrated:** drink plenty of water before, during and after activities to prevent dehydration.
- **Protect Your Skin:** Wear sunscreen with SPF 30 or higher and remember to reapply. Don't forget to wear hats and sunglasses for extra protection.
- **Time it right:** try to schedule your outdoor activities during the cooler times of the day (before 10am and after 4pm)

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Stretch for 10 minutes	Play hop scotch on the sidewalk	Plan a family bowling night	Do an at home family workout video	Play Simon says
Practice using a hula hoop	Walk or ride bikes the library	Create a small flower or vegetable garden	Run through the sprinkler	Compete in a family exercise challenge
Play a game of freeze tag	Ride your bike	Free!	Make your own obstacle course in the house.	Play with a friend at the park
Visit the community pool	Walk around Norfolk and try to find as many mermaids as you can!	Have a push up competition with the whole family	Follow an activity game on go noodle.com	Play deck-of-cards exercises (ex: hearts are push ups)
Plan a family field day in the backyard	Take a walk with the family after dinner	Visit a park near your home	Jumping jacks	Jump rope

Summer Snack Recipes

Simple Hummus

Hummus is a high protein, high fiber food that can be used as a dip with veggies or whole grain crackers, or put on sandwiches as a spread. Try making this dip at home for a healthy snack!

- 1 (15 oz.) can garbanzo beans (chickpeas), drained and rinsed
 - 2-4 Tbsp. water
 - 2 Tbsp. extra virgin olive oil
 - 1 Tbsp. lemon juice
 - 1 garlic clove, minced
 - 2/4 tsp. ground cumin
 - ¼ to ½ tsp. salt
1. Add the garbanzo beans, 2 tablespoons of water, the olive oil, lemon juice, garlic, cumin, and ¼ teaspoon of salt to a food processor. Blend until smooth. Add additional water or ¼ teaspoon salt as needed.
 2. Store covered in the refrigerator.



Fruit and Cheese Kebobs

This is a healthy and delicious snack for kids of all ages! This recipe is easy to change up with any of your favorite fruits in place of strawberries and grapes.

- Strawberries
 - Purple grapes
 - Green grapes
 - Swiss cheese, cut into 1-inch cubes
 - Cheddar cheese, cut into 1-inch cubes
 - Wooden skewers
1. Wash and dry the fruit.
 2. Carefully thread the fruit and cheese onto skewers in a pattern.
 3. Refrigerate until ready to serve.