



Be Active with Your Family

Did You Know....

Physical activity can take place anywhere. Any activity that gets your body moving and heart beating faster is physical activity.

Children need at least 60 minutes of physical activity per day. This activity can be nonstop or in segments of at least 10 to 15 minutes.

Active children have a better focus and attention span. Activity also improves behavior.

Check out the following websites to learn ways to be physically active:

www.letsmove.gov

www.presidentschallenge.org

Tips for Getting Your Family Moving!!!

- Instead of watching TV or playing video games, plan something fun and active for the family. Let your children see you move!
- Take an extra trip up and down your stairs to get your legs moving.
- Visit the local community center for activities and team games.
- Invite neighbors and friends to join you for a team game.

Create Your Own Family Fitness Challenge!

Set specific goals that you and your family can strive to achieve together. Keep a log of your progress.

Here are some ideas:

- Take a walk around the neighborhood at least 3 times this week.
- Enjoy games outside like tossing a soft ball, hopscotch, or tag.
- Turn on your favorite music and have a dance party!



Recipe

Cool Melon Slushie

Makes 4 servings Serving Size: 1 cup

Ingredients:

3 cups ice cubes
2 cups watermelon, cut in cubes
½ cup cantaloupe, cut in cubes
½ cup orange juice
1 Tablespoon honey
4 sprigs fresh mint, optional

Directions:

1. In a blender, combine ice, watermelon, cantaloupe, orange juice and honey.
2. Blend until thick and smooth.
3. Pour into 4 glasses.
4. Garnish with mint, if desired.

Note: Wash melons before slicing.

Visit our blog: www.eatsmartmd.blogspot.com