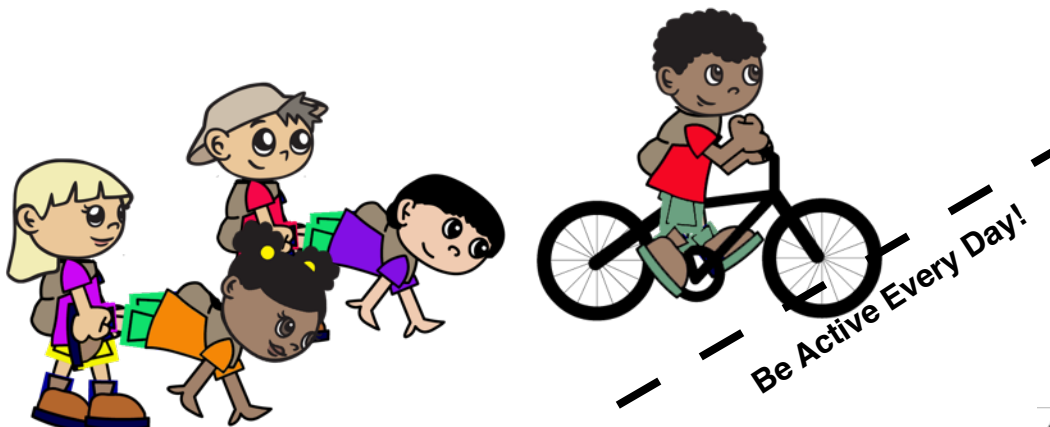


Summer vacation is here at last. School is out making the usual routine a bit different for the next two months. Keeping your children active and occupied is key to ensuring the deserved break that everyone needs! This article is full of great tips on how to plan for a healthy active summer.

### Encouraging kids to be more active

As a parent, you can help influence your child's attitudes and behaviors towards physical activity. The CDC guidelines state that children and adolescents should be active for 60 minutes or more daily. Finding a variety of enjoyable activities that blend aerobic activity with both muscle and bone strengthening aspects is a great way to get started. Need some inspiration? Here lists some fun ideas:

- Get laced up with sneakers and play classic favorites such soccer, baseball, basketball, tennis, football, volleyball or even Frisbee.
- Set up an obstacle course in your backyard or at a playground. Use a variety of obstacles to challenge individual skills. Let the kids get creative with incorporating some of their favorite sporting equipment.
- Invite the neighborhood kids to play in an organized game or set up a family night with all the kids and adults.
- For those extra hot summer days plan for indoor activities such as bowling, lazer tag, or roller skating at a local rink. Even try at home video games such as Dance, Dance Revolution or the Wii fit.
- Take a look at a list of summer programs at your local recreation department or youth center. These sessions will encourage a routine for physical activity and may even introduce your children to a new sport.
- Go exploring outside in the backyard or nearest state park. Strike an interest by picking up some library books on nature topics to learn more about plants, insects, and birds.
- Gear up the bikes and map out a nice trail ride that emphasizes the beautiful outdoors.



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**Being active together as a family helps reinforce healthy habits**

Try making a scheduled routine where walks, playground visits, and good old classic sports are played together.

- Brainstorm for physical activity ideas with the kids and create a list that showcases these. As a group, pick some favorites to start off with and then gradually move through the list.
- Place an ongoing activity sheet on the fridge as a friendly reminder to everyone. Let family members add more suggestions when they feel inspired.
- Make sure physical activity remains part of the daily routine by keeping track of events and planning ahead. Create an activity log or mark notes to a calendar.

Remember that you set the stage as a role model for your children. Take action and get started today. Go enjoy doing something out of the ordinary with the kids. Know that any small steps forward contribute to reinforcing healthy habits into a daily routine. Also, keep in mind that making physical activity a group effort for the whole family to follow will be a rewarding process for everyone involved!



**Summer Time Family Activity List!**

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