

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body.

Volume 9, Number 7

July 2009

Toddlers to Seniors—Everyone Just Wants to Have Fun

Here are some ideas for active summer fun for all age groups. Some of these suggestions are appropriate for multiple ages, fun for the whole family.

Be sun safe by liberally applying sunscreen and reapplying at least every two hours; more often when heavy perspiration or water activities wash it off. Other protective gear includes sunglasses, hat, and long-sleeved clothes for those with fair complexions.

Toddlers and Young Children

- **Paint the Town (Sidewalk) Wet:** Paint the town—or maybe just your driveway—with sidewalk chalk or a paintbrush dipped in a pail of water. Don't just send the kids out to express their artistic side, but join in the fun. Dip feet in the water and make patterns of wet footprints. Look at the differences in size of footprints. See how long it takes the sun to dry them. Mark the changing shadows. Let your child take the lead in creating pictures and games.
- **Chase fireflies:** Fireflies or lightning bugs still seem magical as they twinkle in the summer twilight. Gentle hands are needed to capture one to watch it glow for a few moments. Then, release it and chase after another. An application of mosquito repellent is a good idea before evening outdoor activities at this time of year.



Elementary Schoolers

- **Water balloon or squirt gun games:** The best thing about hot days is the opportunity they provide for getting wet. Balloons filled with water or squirt guns can add lots of wet fun to traditional games like tag, dodge ball, hide 'n' seek. Some common sense ground rules like wearing shoes and no face shots can keep these games safe and fun for everyone.
- Go for an off-road bike ride on the Katy Trail or other paved bikeway in a community park or neighborhood. These smooth, fairly level trailways make good training ground



for novice cyclers, with scenery interesting enough for more experienced riders too. Some adults supervision is advisable; helmets are essential.

Tweens/Middle Schoolers

- Water parks provide lots of cool fun (pun definitely intended!) slides, fountains, and tubing on a man-made river are examples of some of the wet fun these attractions offer. Unlike traditional swimming pools, water skills are not necessary. All you need are a bathing suit and a desire to join in the action. Kids of this age don't require as close supervision as younger ones, but do still need an adult to check in with occasionally.
- Play ball! Whether the game is baseball, football, soccer, basketball, or one the kids make up themselves, playing ball is fun and active. When kids play on their own, they also learn how to set and enforce rules, and the meaning of fair play. Tennis, volleyball, croquet, foursquare, kickball—there is sure to be a ball game for all.

High Schoolers/Young Adults

- **Show off swimming skills** in a neighborhood or community pool. Play games like Marco Polo, water volleyball, keep away, raft races. See who can hold their breath longest under water. Try handstands, forward and backward rolls.
- **Take a walk on the wild side by taking a hike.** Trails for varying skill levels abound in county, state and national parks. State and national parks often have printed information about trail length and difficulty. Speaking with a ranger or other staff member often yields great tips like where wildlife has been seen recently, or good places along the trail to stop for a snack. Always carry water, first aid kit, snack, and working flashlight. Tell someone where you are going and, most importantly, stay on the trail.

Middle Aged/Older Adults

- Paddle your own canoe or rent one to float one of the beautiful streams that flow through our state. Some paddlers like to just float along, while others want the

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Make Cooking Simple

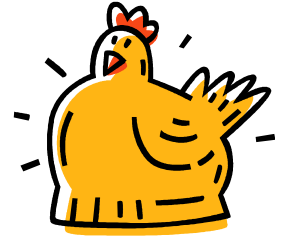
July is often hot, hot, hot in our part of the country. The last thing anyone wants to do is to spend much time cooking on a hot stove. Salad meals are a great for this time of the year because they are cool to eat as well as make. The easiest approach is to add leftover grilled meat to your favorite tossed salad, and voila, supper is ready!

For those who would like a more specific recipe, **Chicken Club Salad** is a good one to try. Make it with vegetables that are plentiful at the farmers' market or grocery store. Leftover cooked chicken and pasta can speed preparation, so cook some extra of each a night or two before making this salad.

See this month's supplement *Sharpening Your Knife Skills* for tips on chopping and using a knife safely and efficiently.

Chicken Club Salad

- 1 cup uncooked whole wheat small pasta such as macaroni or rotelle OR 1 1/3 cups cooked pasta
- 6 cups well washed and torn romaine lettuce or spinach
- 2 cups chopped fresh vegetables (green pepper, celery, cauliflower florets, cucumber, carrots)
- 2 cups chopped tomatoes (about 2 large)
- 1 1/2 cups cubed cooked skinless chicken
- 1/2 cup low fat Italian dressing
- 1 hard cooked egg (optional)
- 1/4 cup shredded cheese or cheese crumbles



If using uncooked pasta, cook according to package directions; drain and cool.

Place 1 1/2 cups of the romaine in each of 4 individual salad bowls or plates. Combine chopped vegetables, chicken and pasta. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls or plates. Top each serving with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.

Makes 4 servings of 3 cups each.

Nutrition information per serving: 270 calories, 24g protein, 10g fat, 22g carbohydrate, 6g fiber, 420mg sodium, 8500IU vitamin A, 54mg vitamin C.

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challenge of rocks and riffs to navigate. Check with park or outfitter personnel about streams that fit your skill level. Always wear a life jacket and plenty of sunscreen.

- Play is good for every age. Games like horseshoes, washer toss, and Frisbee golf require simple equipment and a little bit of eye-hand coordination. They involve some movement without being strenuous, and are really more about fun than fitness. And who couldn't use more fun?

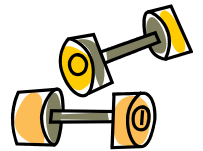
Words to Consider

"Work is either fun or drudgery. It depends on your attitude. I like fun."—Colleen C. Barrett

"You will never find time for anything. If you want time you must make it."—Charles Buxton

Two Strength Training Programs Offered in Fall

Our popular **Stay Strong, Stay Healthy** strength training class will again be offered this fall. In addition, a new, advanced program has also been scheduled.



Both **Stay Strong, Stay Healthy** classes are designed for middle aged and older adults who want to get stronger and improve their balance. The **Advanced Stay Strong, Stay Healthy** class is for those who have already taken the basic class and want to add new exercises to their routine. The advanced class is also open to adults who have been strength training regularly for at least six months.

For more details or to register, see the brochures enclosed with this newsletter.