



## Summer is here and kids are more active...right?

School is out, and according to a new study out of the University of Indiana children are susceptible to gain more weight during the summer holidays than during the school year.

This recent study supports many studies like it that show an epidemic of child obesity. This study also shows more needs to be done in the home to help curve the obesity trend. As a parent you can invest in your child's health and future by giving them the right tools and opportunities to develop healthy habits. Here are some tips that you can use to invest in your child's growth and development.

**#1 Make Snacks Count** – Growing children need proper nutrition. Make snacks a meaningful addition to their dietary intake. Choose snacks that are going to fuel their energy for long periods of time, as opposed to products high in sugar which only provide a quick fix. Additionally, keep a snack a snack, children often do not understand portions and need to have their snack prepared for them. Try these easy, healthy and well portioned snack ideas.

- Whole fruit like apples, bananas, pears or oranges
- Cheese stick or a ½ cup of trail mix (less candy and more nuts)
- Whole grain crackers or low sugar cereals ([Great portions!](#))

**#2 Hydration is Key** – Not only do kids need to drink more water because it is hot out, but a healthy amount of water will help cut excess calories found in sports drinks (made for athletes in competition not casual drinking), soda and high-sugar fruit drinks. Staying hydrated is an essential part of a healthy lifestyle, so encourage your children to drink more water and be a 'hydro-pro!'

**#3 Get Out and Do Something** – Technology is amazing but it has allowed kids to be entertained without moving (and No the Nintendo Wii is not an ideal workout routine). Kids need to be active and playing; challenging their body and mind with movement and imagination. Children need between 30 and 60 minutes of physical activity every day. One way to get kids interested is to enroll them in a sports camp where they learn great skills and fun games ([Skyhawks!](#) – the nation's leader in sports camps). Another way is to make family time more active. Go for a walk, a bike ride, shoot hoops, play catch, go for a hike or just turn on some tunes and dance! A healthy family will be a happy family. Good family habits will lead to children with healthy and active lives!