



METABOLISM MATTERS

Why is it so important for us to encourage our children to be active? Learning this healthy habit at a young age can transition into them practicing the habit in adulthood. Regular exercise helps children develop strong muscles and bones, decrease risk of developing type 2 diabetes, helps them to have a better night's sleep, and help with weight control. Getting into the habit of being active now means that as we get older, it's part of our lifestyle rather than a dreaded chore. What better favor can we do for our metabolism than give it a head start at a young age!

MAKING YOUR KID'S SUMMER HAPPY & HEALTHY

What are you doing to make this summer as healthy as possible for your kids? We have compiled our favorite ideas for helping your kids have a happy, healthy, and active summer this year! While the idea of having a happy, healthy, and active summer is ideal, be prepared to make the effort and take the necessary time to help implement some of these positive lifestyle changes.

1. Step Away From the Electronics— It can be so tempting to slowly let the days of summer slip away while parked in front of a favorite TV show or gaming device. We have a few suggestions to help limit screen time in your home, and start your family on the path to a fun, healthy summer!

- Set guidelines and time limits for electronics, and keep them. A plan without action is merely just a dream. It may be a tough transition for both kids and parents, but how much more rewarding will it be to look back on the summer and think of all the fun things you did together vs. how many levels you beat on a video game.
- Eat dinners together as a family at the kitchen table instead of eating in front of the television. Talk about the highs and lows of your days, and ask about particular events rather than the traditional: "How was your day?" Open up the line of communication, and allow dinner time to be a setting where your children can be listened to without outside distractions.
- Take computers and televisions out of the bedroom. This may encourage more time with family or friends rather than extended time spent isolated in their bedroom.

2. Do an "Active Summer" Challenge- What child doesn't enjoy a little competition with a reward at the end? Challenge them to be active every day, and come up with a rewarding goal at the end of the summer. This might be the exact motivation your child needs to implement an "Active Summer" initiative. While being active daily by yourself might not be an inviting task, take the chance to make it a family affair. How many times have you exercised and thought to yourself: "I wish I had a workout buddy!" Not only will this help the family to be more active daily, but it could become a bonding time to look forward to everyday!

3. Give Your Child the Right Tools- If you are encouraging your child to be more active, support them in that goal by providing them with the tools they need to enjoy being active. If your child's favorite sport is basketball, support them by investing in a basketball hoop, or find a park close by that has a hoop and buy them a basketball. Your support doesn't have to break the bank, but don't expect an active summer without a fun activity that actually interests your child.

While this focus is on kids, a *healthy, happy, and active summer* is also about parents. Being an example of a healthy lifestyle is what will help your children develop good healthy habits. Implement these changes along with your kids, and make this summer the most memorable yet!