BEAT THE HEAT
and Get Healthy as a Family!

Looking for ways to balance your calories, or just looking to get your body moving and have fun? Turn off the screens and get your family off the couch with these fun games that kids will love!

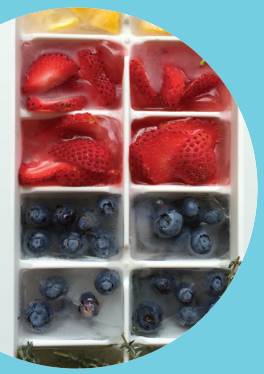
Sponge Tag:

Played like the traditional game of tag. The person who is "it" has a wet sponge to chase other players with. The first person tagged with the sponge becomes the next "it." Soak the sponge in clean, cold water after each round. Play this game on grass to make sure everyone stays safe.

Pool Visit:

Cool down with a trip to the local pool! Play a classic game like Marco Polo: The person who is "it" closes his/her eyes for a set number of seconds while opposing players disperse in the pool. "It" calls out "Marco!" and the other players respond "Polo!" "It" swims around the pool attempting to tag the other players. The first person tagged becomes "it" next.

Supervise children in the water at all times, make sure younger kids stay in shallow water, and provide life jackets for weaker swimmers.



Drink Ice Water and Keep Your Cool When You're Active!

A great way to beat the heat is by drinking water! Keeping your water cold and tasting great is as easy as making your own tasty ice cubes. Here's how:

- Put chopped fruit or fresh herbs into each section of an ice cube tray. Mint or any kind of berry would be great choices.
- Cover with water and place in the freezer until frozen.
- Put the cubes in your water, and when the ice melts, you'll have a fresh- and flavorful-tasting water!

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Stay Cool With Summer Meals

ACTIVITY GUIDE FOR FAMILIES

It's Never Too Hot To Play!

Just tap into this cool guide to family fun.

TEAM NUTRITION USDA
SUMMER FOOD SUMMER MOVES

Look inside for:

- Refreshing new ways to drink water
- Hidden sugars in popular drinks
- Games to play with the family

Enjoy a Fun New Way To Drink Water

Add a few fruits, vegetables, or herbs to water to make it more interesting. Lemon, orange, or cucumber slices are popular favorites. Some people call this "spa water" because it looks fancy, but it is easy to do at home. Just rinse and slice fruits or vegetables (about a cup of fruit per 5 cups of water), add them to a pitcher of water, and let the flavors sit for at least 30 minutes in the fridge. They look pretty, too!

Try these flavor combinations:

- Strawberries and mint
- Watermelon, cucumber, and lime
- Pineapple and lemon

Choose water instead of sugar-sweetened beverages.

Top 5 Reasons To Drink Water

1. **It's hot outside!** Cold water is extra refreshing in the summer. Keep a pitcher of water in your refrigerator and toss ice cubes into your child's water bottle.
2. **Save money!** Start drinking water at home and ask for water when you eat out. You'll be amazed how much you save.
3. **Water can help you keep a healthy weight!** Substituting water for a 12-oz sugar-sweetened soda will save about 126 calories. If you normally drink soda every day, this small switch can make a huge difference.
4. **It's better for teeth!** Sugar-sweetened beverages are one of the top sources of sugar in kids' diets. The sugars in these drinks are "food" for bacteria that cause tooth decay (cavities).
5. **Your kids are watching — be a positive role model.** What you drink is as important as what you eat. Choose water often and decrease your intake of sugar-sweetened beverages. Bring a reusable water bottle with you when you go out.

Sneaky Sugars

Don't be fooled by slick advertising. These drinks may sound healthy, but they're often packed with added sugars:

- Flavored Waters
- Fruit Drinks
- Energy Drinks
- Sports Drinks

Teach your kids that…

- Healthy eating also means making smart drink choices.
- Sugary beverages like regular soda are an occasional treat, not an everyday drink.
- Fat-free or low-fat milk are great choices for meals because they have calcium and vitamin D to help kids build strong bones and teeth.

The Truth About Sugary Drinks

Balance your day with food and play!

Beverages such as regular sodas, sweetened iced tea, energy drinks, and sports drinks contain a lot of added sugar, empty calories, and little nutrition. To help keep your body healthy, drink fewer sugar-sweetened beverages and balance your calorie intake with physical activity.

Use the "Balance Your Beverage" chart to get an idea about how many minutes of activity it would take your child to use up the added sugar calories from some popular drinks. You may be surprised by the results! For information, and for a free, personalized, nutrition and physical activity plan based on your child's age, gender, weight, and activity level, visit SuperTracker (**https://www.supertracker.usda.gov**).

Balance Your Beverage

How long will it take a child to use up the calories in a sugar-sweetened drink?

If you drink…	A 12-oz can of regular cola, ginger ale, root beer, or other soda	20-oz cup of lemonade	One liter bottle (34-oz) of regular cola or other soda
You're getting…	**126 calories from added sugar**	**220 calories from added sugar**	**355 calories from added sugar**
Time of walking to burn off these calories* (for 6-11 year old) = 10 minutes	1 hour	2 hours	3 hours
Time of walking to burn off these calories* (for 12-14 year old) = 10 minutes	45 minutes	1 hour and 25 minutes	2 hours and 5 minutes

*Estimates based on average weights of children ages 6-11 and 12-14. Those who weigh more than average will burn more calories. Those who weigh less than average will burn fewer calories. Calculations based on walking speed of 3 miles per hour.
Source: Wang, Hsiao, Orleans, Gortmaker; 2013.