USDA

United States Department of Agriculture

MOVIN' With Summer Meals

ACTIVITY GUIDE FOR FAMILIES

Your Guide to Moving More and Sitting Less

Turn on the music, turn off the television, and get your family moving to a healthier beat.

Look inside for:

- Smart ways to limit screen time
- Tasty and fruity snack recipe
- New dance moves for the whole family

SUMMER FOOD SUMMER MOVES

TEAM NUTRITION

Music and Movement for the Whole Family

Outdoor Grooves

The sun is shining! Bring a portable music player or radio outside, turn on the music, and try these high-energy dance moves and activities:

- **Dance Tag** – Play a game of Freeze Tag, but instead of remaining "frozen," tagged players must do fun dance moves until re-tagged.
- **Outdoor Fitness** – Use everyday items such as jump ropes, toy hoops, playground equipment, stepping stones, or stairs to create an obstacle course. For an energy boost, add heart-pumping music.
- **Glow Dance Party** – Get some glow sticks or flashlights and keep the party glowing — and going — when the sun goes down.

Indoor Moves

Don't let rainy days or heat waves turn your kids into couch potatoes! Turn on the music and try these fun activities:

DIY (Do It Yourself) Music Videos – Take turns creating a dance. Gather some costumes and make a music video of your routine.

Stay-Cool Dance Lessons – Let your kids teach you the latest dance moves in the privacy of your own home.

Balloon Dance Party – Have a dance party with a balloon, but don't let it touch the ground.

Exergaming – Dance video games that require the player to move can be a great way to get off the couch when you have to stay indoors.

Classic Dance Moves To Teach Your Kids

Moonwalk:

It's surprisingly easy to do this crowd-pleasing move.

1. Start with left foot forward, right foot back.
2. Raise your right heel.
3. Slide your left foot back.
4. Switch feet.
5. Slide, repeat.

TIP: The sliding foot is always flat!

Turn Off the Screens, Turn On the Music!

Did You Know That...

…American children spend on average 7½ hours of their spare time each day in front of a screen? This includes watching television, playing video games, and using a computer, tablet, or smartphone.

So, what's the problem?

Kids are healthier when they move more and sit less. Remember, kids need at least 60 minutes of physical activity each day. Many commercials also encourage kids to eat less healthy foods and to drink sugar-sweetened beverages. Just watch a show with your child, and you'll see how often ads for foods and drinks are shown — and they are not usually about fruits, veggies, or water!

What can parents do?

This summer, limit screen time to a maximum of 1-2 hours a day.

- **Go slow.** If your child plays a lot of video games or is a movie buff, you may want to reduce the number of hours of screen time slowly over time.
- **Stand your ground.** Your child may be upset that you are trying to limit screen time. Stay calm and stick to your decision.
- **Read more.** During summer vacation, many kids fall behind in their reading. Go to the library once a week to stock up on new books and set up a daily reading time.
- **Make a list of screen-free activities.** What other activities does your child like to do? Make a list and put it up on the fridge.
- **Be a good role model.** Limit the amount of time you spend on your smartphone, tablet, computer, and watching television.

Hammertime:

This aerobic move is all about the attitude.

1. Squat with your legs shoulder-width apart.
2. Jump and cross your legs so you can land with your legs crossed, then jump back to starting position.
3. Move sideways with legs apart and feet shuffling. Add shoulder raises for fun.
4. Stop and do a body roll, starting at your head, through the waist, hips, and knees.

TIP: Don't stop moving!

BE THE CHEF! **PREP TIME: 15 MINUTES**

Berry Jams Party Bites

This healthy treat combines fruit, nuts, and whole grains to make sure you have lots of energy to dance and play all day.

Eat smart. Exercise. Have fun!

Servings: 6 | **Serving Size:** ½ muffin

INGREDIENTS

- 3 whole-grain English muffins
- 6 tablespoons peanut butter or sunflower seed butter
- 1 cup fresh or frozen (and thawed) strawberries, sliced
- ½ cup fresh or frozen (and thawed) blueberries

DIRECTIONS

1. Using a fork, gently split English muffins in half, and toast if desired.
2. Spread 1 tablespoon of peanut butter on each English muffin half.
3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
4. Serve immediately or chill until served.

OPTIONS

- Instead of strawberries and blueberries, use bananas for a delicious twist.
- Allergic to nuts? Use sunflower seed butter in place of peanut butter.

NUTRITION INFORMATION

Amount per serving: ½ muffin; **Calories:** 177; **Total Fat:** 9 g; **Saturated Fat:** 2 g; **Sodium:** 195 mg; **Potassium:** 225 mg; **Total Carbohydrate:** 20 g; **Dietary Fiber:** 4 g; **Sugars:** 7 g; **Protein:** 7 g; **Vitamin A:** 10 IU; **Vitamin C:** 17 mg; **Vitamin D:** 0 IU; **Calcium:** 100 mg; **Iron:** 1 mg.

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