

# DON'T LOSE IT OVER THE SUMMER!

Local fitness testing in school aged students shows that the summer is not being used to get fit! Below are some suggestions of how to add activity to your daily routine so that you DON'T LOSE IT OVER THE SUMMER!

## EXPLORE PARKS AND TRAILS:

With 125 parks and 131 miles of trails, Lincoln is a great place to explore nature and get some exercise!

- ▶ Bike Riding
- ▶ Sand Volleyball
- ▶ Frisbee golf
- ▶ Play catch-football, baseball, etc.
- ▶ Take a walk
- ▶ Kick the soccer ball
- ▶ Skate Parks
- ▶ Splash parks
- ▶ Swimming Pools

## OUT AND ABOUT:

Make activity a part of your daily errands

- ▶ Park at the end of the lot and walk
- ▶ Skip the elevator, take the stairs
- ▶ Walk to the grocery store for a few small items

## AFTER DARK:

Spice up some old fashioned games with after dark alternatives, great for the backyard with a group of friends!

- ▶ Flashlight tag
- ▶ Flashlight limbo
- ▶ Sardines
- ▶ Capture the moon

\*Don't know how to play? Visit our website

## HELP AROUND THE HOUSE:

Grab the headphones or crank the stereo! You'll not only get a good workout while helping out mom and dad, but you'll have fun doing it!!

- ▶ Mow the lawn
- ▶ Wash & wax the car
- ▶ Dust & vacuum
- ▶ Work in the garden
- ▶ Walk the dog

## DREARY DAYS:

A few clouds or rain drops don't have to prevent you from staying active!

- ▶ Masking tape makes a great indoor hopscotch path
- ▶ Walk around the mall
- ▶ kidsbowlfree.com
- ▶ Roller skating
- ▶ Balloon Volleyball

## MORE IDEAS AND LOCAL EVENTS:

[www.healthylincoln.org/fuelyoursummer](http://www.healthylincoln.org/fuelyoursummer)

## MINI BURSTS:

Squeeze in movement during breaks and when you're short on time

- ▶ Make flash cards with a variety of activities to perform when you have a spare 5 minutes.
- ▶ Spend 3 minutes dancing to your favorite song
- ▶ Run in place, dance, or stay moving during TV commercials (Limit screen time to 2 hours per day)



## FUEL YOUR SUMMER

Got a thirst for fun? Run. Jump. Play. And when you're ready for a break, skip the sugary drinks and reach for ice cold water instead.

Drink to Happiness. Drink to Healthiness. Drink Water.