



June 2016

Welcome to ***Healthy Carroll Families*** for Summer 2016. *Healthy Carroll Families* is our electronic media campaign designed to help you take the next step in your family-based approach to healthy weight.

Our handouts for this edition are:

- ***Love Your Summer Workout!*** – facts and tips for staying active when the temperature rises,
- ***Beat the Heat with Summer Drinks*** – information about staying hydrated in the hot weather season,
- ***Thirst Quenchers*** – delicious, low-sugar drink recipes and drink ideas that will help you keep calories in balance while keeping cool.

Each page contains information from materials such as booklets and flyers from trusted local and national organizations to help promote life-long wellness.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials can also be downloaded from our web site: [HealthyCarroll.org](http://HealthyCarroll.org).

Please call or email me any feedback, suggestions, or questions you may have about ***Healthy Carroll Families***. I look forward to hearing from you.

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# Love Your Summer Workout!



Here are a few suggestions to help make summer exercise fun:

- Turn TV commercials into fitness breaks by doing an activity while waiting for your show to return. Kids will enjoy thinking up silly exercises for everyone to do!
- Make a game out of household chores. What's more fun for a kid than "lava floor"?
- Going grocery shopping? Alternate kids from sitting in the cart to walking alongside.
- Walk to the store or park. A short half hour walk before or after dinner will help you get some activity into your packed day.
- Set up an outdoor obstacle course. If you have a sprinkler, hay bales, or lawn chairs, you have the ingredients!
- Get in some quality "me" time while your kids are at the playground. Take a brisk walk, jog or perform push-ups and triceps dips on a park bench.
- Have family sports night for an hour or two once a week, to enjoy your family's favorite game or activity.

For more tips and ideas, download the *Let's Move Family Activities Guide* at

[www.letsmove.gov](http://www.letsmove.gov)



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**L.E.A.N. Carroll**  
*A family approach to healthy weight*

*Connecting people. Inspiring action. Strengthening community.*



# Beat the Heat with Summer Drinks

With warm weather coming, getting enough to drink is important. On hot days, your body loses more water. Not drinking enough can affect normal body functions. Calories from sweetened drinks can add up quickly, though. What are the best drinks for you and your family?

- **Water is best!** It's convenient, low-cost, and refreshing. Not only is water calorie-free, giving water teaches kids to accept sugar-free beverages as a thirst quencher.
- **Don't overdo the juice!** The American Academy of Pediatrics recommends that 100% fruit juice be limited to 4 – 6 ounces/day for children 1-6 years old, and 8 – 12 ounces/day for those 7-18 years old. Whole fruits such as melon and berries have a high water content and also provide water.
- **Choose drinks with the least "other ingredients"** like caffeine and sugar. Caffeine is a stimulant and can cause jitteriness, upset stomach, and headaches in little ones. Safe caffeine intake levels for children have not been identified. Sugar adds calories and promotes tooth decay. An average 12-ounce cola has around 39 grams, or about 10 teaspoons, of sugar.
- **Don't be fooled by healthy-sounding beverages.** Vitamin waters and some "fruit drinks" may be fortified with vitamins, but many still have lots of added sugar, so check the labels.

Eating a variety of healthy foods is the best way to get your vitamins.

- Sports drinks may be helpful if a child participates in endurance sports that last more than an hour. They provide an immediate source of energy and electrolytes to keep the body's fluids in balance.
- Energy drinks are different from sports drinks. They often have high amounts of sugar, caffeine, and herbal supplements, but offer no real health or performance benefits. These drinks are not regulated by the Food and Drug Administration and are not recommended for children.





# Thirst Quenchers

To make water a special treat, “infuse” it with fruit , vegetable, or herb flavors.

- Wash fruits or vegetables, chop or slice, and add to a large pitcher. You ‘ll need at least 2 cups to flavor the water. Use a wooden spoon to slightly mash and break down the fruit / vegetables.
- Try adding slightly crushed herbs like mint, basil, or rosemary.
- Pour 2 quarts of water over the mixture. For sparkling flavored water, add 1 quart of club soda to start, and add a second quart just before serving.
- Cover and refrigerate for 2-4 hours to allow flavors to blend.
- Stir well and strain, discarding the solids. Refrigerated flavored water will keep for up to 2 days.
- Garnish with freshly cut fruits or vegetables.
- If time is short, make the flavored water by the glass.
- The longer the fruit / vegetables are in the water, the more flavor it will have.

## Fruit Fizz

For a healthier-than-soda choice, try:

- 2-4 Tablespoons 100% fruit juice
- 1 cup club soda or sparkling water

Pour juice into glass. Add soda and stir gently. Add ice.\*

- Serves 1

- \* Make fruit juice ice cubes and add to club soda or water.

## Creamy Fruity Smoothie

- ½ cup diced fruit of choice (fresh or frozen)
- ¾ cup plain or vanilla fat-free yogurt
- ½ cup skim milk
- 2 Tablespoons fruit juice

Place all ingredients in blender and blend until smooth.

- Serves 1

Source: The Children’s Hospital of Philadelphia



### Try these combos:

Peach + Raspberry  
Strawberry + Blueberry  
Red / Green Pepper + Basil  
Watermelon + Mint  
Cucumber + Mint  
Kiwi + Mint



The Partnership  
for a Healthier Carroll County

HealthyCarroll.org

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