



July 2017

# Get Active and Have Fun!

[www.communitybridges.org](http://www.communitybridges.org)

**How much physical activity should your child get?** The U.S. Department of Health and Human Services (HHS), Physical Activity Guidelines for Americans recommend that children and teens be physically active for at least 60 minutes on most, if not all days. For children, 60 minutes of activity can be done in smaller chunks during the day. For school age children, some of that time can come from physical education or gym classes in schools.

**Types of Activity:** The Guidelines for children and adolescents focus on three types of activity: aerobic, muscle-strengthening, and bone-strengthening. Each type has important health benefits.

- **Aerobic activities** involve rhythmic movement of large muscles. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Short bursts of these types of activities are acceptable for younger children.
- **Bone-strengthening activities** produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone strengthening activities.
- **Muscle-strengthening activities** make muscles do more work than usual during activities of daily life. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war.

**Health Benefits Associated With Regular Physical Activity:**

- Improved cardiorespiratory and muscular fitness
- Improved bone health
- Improved cardiovascular and metabolic health biomarkers
- Favorable body composition
- Improved mental health

Children should get at least 60 minutes of physical activity each day.



Youth who are regularly active also have a better chance of a healthy adulthood. Regular physical activity makes it less likely for health risk factors to develop and more likely that children will remain happy and healthy as adults.

Source: <https://health.gov/paguidelines/guidelines/chapter2.aspx>

## Program Reminders

**Annual Provider Training Update:**

**Web Training:** 26 providers have completed and passed the annual provider training online. Congratulations! As a reminder, the first 50 people to complete the web training will be entered in a raffle to win a blender!

If you are interested in taking the **web training**, please contact your monitor to sign up. The web training allows you the flexibility of completing the training at your own pace and you have until 9/15/17 to complete.

**In-person Annual Training:** If you haven't already signed up for an in person training, please sign up as soon as possible. In-person trainings will be based on need. Workshops will be cancelled due to low sign-ups.

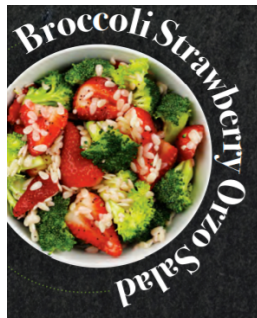
## Menu Ideas – Meatless Mondays

<b>Breakfast</b>				
Granola cereal	WW protein waffle	Whole grain oatmeal	Wheat Toast	Tortilla (breakfast burrito)
Blackberries	Baked cinnamon apple	Cooked plantain	Avocado slices	Mushrooms & pinto beans
Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
<b>Lunch or Dinner</b>				
<b>*Garbanzo Broccoli Orzo Salad</b>	Garlic Shrimp	Turkey Wrap	Scrambled egg w/ veggies	Chicken soup w/ added spinach (HM)
Orzo pasta	Spanish rice	Whole wheat tortilla	Whole grain corn bread	WW crackers
Broccoli	Sliced avocado	Sliced green bell pepper	Steamed green beans	Cooked carrots
Strawberries	Leaf lettuce	Cherry tomatoes	Plum	Mandarin
Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
<b>Snack Am or Pm</b>				
White bean dip	Frozen banana	Kale/blueberry smoothie	Cooked artichoke	Baked potato wedges
Zucchini slices	Yogurt dip	Granola Cereal	Hummus dip	Whole wheat roll

### **\*Summer Garbanzo Broccoli Strawberry Orzo Salad**

#### **Ingredients:**

- 3/4 cup** whole wheat orzo pasta (uncooked)
- 2 cups** fresh broccoli (chopped)
- 2 cups** fresh strawberries (diced)
- 1/4 cup** sunflower seeds
- Lemon Poppy Seed Dressing:
  - 1 tablespoon** lemon juice
  - 2 tablespoons** apple cider vinegar
  - 2 tablespoons** olive oil
  - 1 teaspoon** sugar (or honey)



#### **Instructions:**

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper. Chill in refrigerator until ready to serve.

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-strawberry-orzo-salad>

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### Activity Corner- Fitness Games

**What you need:** Jump rope.

**Counting Jumps:** These rhymes can be used by individual jumpers and by children jumping in groups to see how many times a jumper can jump without tripping.

#### **A, B, C AND VEGETABLE SOUP:**

*A, B, C and vegetable goop,  
What will I find in my alphabet soup?*

*A, B, C. . . . .*

*(When a letter is missed, jumper must shout a word starting with that letter)*

#### **LADYBUG, LADYBUG**

Ladybug, Ladybug, turn around,  
Ladybug, Ladybug touch the ground.  
Ladybug, Ladybug shine your shoes,  
Ladybug, Ladybug read the news.  
Ladybug, ladybug, how old ar  
One, two, three, four. . . .



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