

COMMIT TO HEALTH

RESOURCES FOR THE HOME

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

MAY

As the weather warms up this May, make sure your family is hydrated with healthy beverages. Look out for those sugar-filled beverage products!

- Help your whole family cut back on added sugars by helping your children reduce their sugar consumption. See some family-friendly tips [here](#).
- Enjoy healthier and more flavorful beverage alternatives that are easy to make and low in sugar: [Orange Freeze](#) • [Real Fruit Punch](#) • [Kiwi Berry Blend \(Spanish\)](#)
- Physical Activity Tip: May can be a busy time as we all are preparing for the end of the school year and summer vacations! When we begin feeling tired from all our running around, stopping for a bit of exercise can be a great way to wake up – yes, exercise *will* help energize us! When we breathe deeply, like we do when we walk at a brisk pace, lift weights, etc., our body makes better use of oxygen and we feel an exercise-induced euphoria for some time afterwards. Try it – get out and take a slow jog, do some yoga, or something else to get that oxygen exchange working for you!
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here](#)! [Click here](#) for Spanish.
- Help reinforce healthy eating with fun activity sheets ([eggs](#), [spinach](#)) and coloring sheets ([eggs](#), [spinach](#)) for your family!
- Think about what goes on your plate! Use [MyPlate](#) to create a well-balanced, nutritious meal each day.

*For Spanish information about MyPlate , please [click here](#)!

