

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!

JUNE

Summer is here—get outside and have fun exercising as a family! Kick off summer in the month of June by learning new exercises you can do as a family, where you can exercise together as a family, and what type of intensity you should be exercising at! Summer heat tip: if it's too hot outside find a mall and take some laps!

- Exercise together as a family! Explore some great tips to become a more active family:
 - » [Be an Active Family](#)
 - » [Be Active and Have Fun \(Spanish\)](#)
- Keep track of your activity! Plan and log/record your exercise as a family using this [worksheet](#).
- You don't need to be huffing and puffing to get in a good workout! Find facts [here](#) about the intensity of exercise we need to stay healthy, as well as the amount of calories burned in common physical activities. ([Spanish](#))
- How much exercise does each member of your family need? Check out these resources by age group:
 - » [Children and adolescents](#) (ages 6-17) – 60 minutes or more each day
 - » [Adults](#) (ages 18-64) – 150 minutes each week
 - » [Older Adults](#) (ages 65 and older) – 150 minutes each week, if generally healthy
 - » [Pregnant or Postpartum Women](#) – 150 minutes each week
- Summer brings a harvest of fresh vegetables and fruits to our tables! Check out some of these [nutritious ways](#) to prepare your fresh harvest for your family.
- What is in season in your community right now? [Check this out](#) to find out!
- 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 ([berries](#), [peppers](#)) and coloring sheets ([berries](#), [peppers](#)) 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](#)!



National Recreation
and Park Association

www.nrpa.org/CommitToHealth