



## Keep Fit & Cool in the Sun

Children, summertime and outdoor physical activity are a natural combination. As you know, preschoolers have extra energy and can't wait to play outside!

Fun summer activities like biking, riding a scooter and swimming are great exercise. Everyone needs to follow proper summer safety.

Here are some tips\*:

### Limit Time in the Midday Sun

The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.



### Seek Shade

Shade is a good source of protection, but keep in mind that shade structures (e.g., trees, umbrellas, canopies) do not offer complete sun protection.



### Always Use Sunscreen

Apply a sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher on exposed skin. Reapply every 2 hours, or after swimming, playing or exercising outdoors. Even waterproof sunscreen can come off when you towel off, sweat or spend long periods of time in the water.



### Cover Up

Wearing tightly woven, loose-fitting and full-length clothing is a good way to protect your skin from the sun's UV rays. A hat with a wide brim offers good sun protection to your eyes, ears, face and the back of your neck.



### Protect Your Eyes

Sunglasses that provide 100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying them.



## GOT WATER?

Our bodies need water to work properly. We lose water from our bodies daily in many ways—by sweating and even just breathing.

All of us need to drink fluids everyday. We must always drink before, during and after play and even before we feel thirsty.

In the summer, high temperatures, humidity and outdoor play cause our bodies to need even more water. Small children can get overheated quickly.

To get kids to drink more water, try ice chips, chilled water, special straws, fruity ice pops or slushies (see recipe

on back). Take a break and enjoy a refreshing beverage together.

Fluids like fruit juice should be diluted with water or club soda. Sugary drinks are not thirst-quenching and may reduce appetite. Summer fruits like peaches and melon are good sources of water and vitamins.

When it's hot, and especially during the middle of the day, stay in a cool, shaded place, rest and drink lots of fluids.

Children must let an adult know if they feel weak, dizzy or want to throw up. These could be signs that a child needs fluids or medical attention.



Question of the month: What vitamin do you receive from the sun? And why is it important?

\*Tips provided by: U.S. Environmental Protection Agency.  
Visit [www.epa.gov/sunwise/actionsteps.html](http://www.epa.gov/sunwise/actionsteps.html)

**When a child is taught from an early age to eat right and exercise, the benefits last a lifetime!**



## Ready...Set...Go!!



### Materials:

- ☼ A sunny day

### Objectives:

- ☼ To teach children to find shaded outdoor areas.
- ☼ To teach children how to find shadows of objects and of themselves.
- ☼ To teach children to use shadow size to know when to play in the shade.

### Run to the Shade

- ☼ Start by calling out a shady area and "Ready, Set, Go."
- ☼ Have the children run to that shady area.
- ☼ Then, choose a child to call out the next shady area.
- ☼ Continue until all children have had a chance to pick a big shady spot.

ANSWER: Sunshine, or exposure to ultraviolet (UV) rays, helps our bodies make *vitamin D* which helps us to keep our bones strong.

## **Pineapple Orange Slushie!**

### Ingredients (4 servings)

- 2 cups      canned crushed pineapple in unsweetened juice, lightly drained
- 1/2 cup     evaporated skim milk
- 1/4 cup     orange juice concentrate
- 10            ice cubes

Combine pineapple, milk and orange juice in a blender and blend until smooth. Add ice cubes, one at a time until thick and smooth.

\* If you do not have a blender, add some water to the ice cubes and shake.

\*\*You can substitute fruits as you'd like. Fresh oranges with strawberries, or a pineapple with bananas might be good combinations.



For more tips on keeping cool in the summer visit: [http://www.bam.gov/survival/keep\\_your\\_cool.htm](http://www.bam.gov/survival/keep_your_cool.htm)

### We want to hear from you!

Dear Parents and Childcare Providers: Let us know how you encourage a healthy lifestyle in your home or daycare. We want to share your ideas with the rest of Bergen County in future issues. Contact Concetta Caporrino, Healthy Lifestyles Gazette Editor, Bergen County Department of Health Services, at 201-634-2694 or email: [ccaporrino@co.bergen.nj.us](mailto:ccaporrino@co.bergen.nj.us)

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