

# 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!

## JULY

July is the perfect time for summer cookouts and healthy snacks! Summer cookouts are healthy and fun, but watch portion sizes, and added sugars in foods and beverages (cole slaw and ketchup for example, have lots of added sugars – go for mustard that has none!) Focus on nutritious snacks this summer that are healthy and your kids will enjoy!

- Portions versus serving sizes – what is the difference? [Here](#) is a helpful set of hints.
- So just what is a “reasonable” serving size? Check out some facts [here](#).
- Portion sizes change throughout the years. [Learn](#) how portion sizes have changed over time ([Spanish](#)), or explore a fun [game](#) to learn more ([Spanish](#))!
- Summer time is a time for lots of snacking – try to focus on nutritious snacks with the help of [these 10 tips](#).
- Make smarter food choices as a family! [Click here](#) for some great tips. (Spanish)
- Physical Activity Tip: Even though it is hot outside, it is important to get enough physical activity! Consider getting a pedometer, or downloading an app that will track your steps (free “pedometer” apps are available in GooglePlay or iTunes). Walking 10 minutes, three times a day will give you 30 minutes of great movement! See how many steps you get during these 30 minutes, then think about working up to getting at least 10,000 steps a day. It won't happen immediately, so find out what your daily average is, and, the next week, strive to walk 300 extra steps each day. Increase your steps each week!
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here!](#) ([Spanish](#))
- Help reinforce healthy eating with fun activity sheets ([corn](#) and [tropical fruits](#)) and coloring ([corn](#) and [tropical fruits](#)) sheets for your family.

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

