

It's All About Balance: Eat Smart, Move More, Rest Well

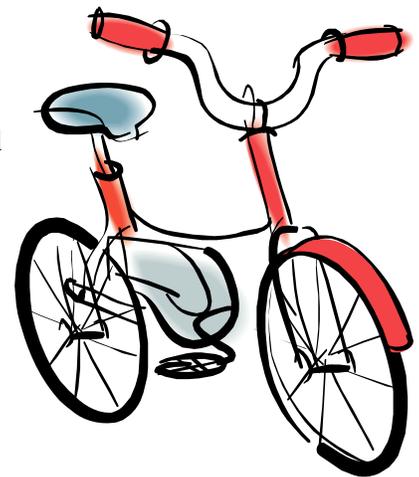
4 Fun Ways to Seize Some Summer Fun

If you only have 10-20 minutes...

Got a few extra minutes before work or before dinner is ready? Forget making a dent in the couch. Play a sport instead of watching one. Get your kids up and moving to the yard. Go for a quick game of catch, Frisbee® or old-fashioned tag. Put Fido on the leash and walk down the road or around the block. Turn off the same-old news program. Turn on an **active** video game, such as Dance Dance Revolution® or one of the Wii Fit® options.

If you have just an hour or two...

Forget another nap on the sofa and that DVD you've already seen. Energize your body and your relationship with your family at the same time. Get everyone to help you clean up the yard, then cool off with some sprinkler fun or a few trips down the slip-n-slide. Yard already looking good? Grab the bikes, the helmets and a few balls. Head to your local park for some hoops or soccer kicks.



If you have a morning or afternoon...

Don't be a weekend bore. Organize errands, chores and activities so that you have a least several hours for family fitness fun. Summer weekends are a great time for outdoor adventures. North Carolina has many natural options from border to border. Explore local parks, rivers and beaches. Walk, fish, canoe and talk! Some of the best parent-child talking happens when you are being active together.

If you have a whole day...

North Carolina has it all! The Piedmont has rolling hills. The coast offers beaches and dunes. In the west, you find the mountains. You can hike, bike, horseback ride, swim and paddle in state parks. And don't forget our national parks and historic battlefields. Make this the summer to leave no child inside. Discover how much fun the outdoors can be. Go on a photo safari, a wildlife identification hike or a scavenger hunt for a special shell, stone or flower.

Need more information on North Carolina Parks? Check out the options online before you get in the car. Visit the N.C. Division of Parks and Recreation at www.ncparks.gov. It's easier than ever to plan a trip to North Carolina's parks. At this site, you can search for a state park by name, nearest city, regional area, closest body of water, activity or facility. You also learn about entrance fees, special events and the quickest way to get there.



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