

# Take a Healthy Summer Break!

Discover Some Easy Ways To Help Kids Stay Happy and Healthy This Summer



Only 1 in 4 kids ages 6-15 gets the recommended 60 minutes of physical activity each day.

## Move More

Get at least 60 minutes of physical activity a day. Try dancing, biking, walking, jumping rope, and active games like tag.



## Did you know?

Kids sometimes gain weight **two times faster** in the summer than during the school year.



A 12-oz sugar-sweetened drink can have 31 grams of added sugar. That's 8 teaspoons!

## Choose Water



Give thirsty kids a healthier choice. Plain water has no added sugar!



Kids spend an average of **7.5 hours** a day in front of a screen.



## Sit Less



Limit TV, computers, tablets, and video games to no more than **1-2 hours** a day as another step towards good health.



As many as **27%** of kids' daily calories come from snacks, mostly from desserts and sugar-sweetened beverages.

## Eat Smart To Play Hard



Want kids to reach for healthier snacks? Offer fruits and vegetables at snack time!

## Find a Summer Meal Site Near You!

Your child can enjoy a healthy meal with friends at a summer meal site.\* All kids age 18 and under eat free. Some sites also offer games, crafts, and activities.

Visit <http://www.fns.usda.gov/summerfoodrocks> or call 1-866-348-6479 to find a summer meal site near you!

\*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on local school or census data.



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