

Take a Healthy Summer Break!



Only 1 in 4 kids age 12-15 get 60 minutes of moderate to vigorous exercise each day.

Move More

Engage in at least 60 minutes of physical activity a day.

Try dancing, biking, walking, jumping rope, and games like tag.



Did you know?

Kids gain weight **two times faster** in the summer than during the school year. Discover some easy ways to help kids stay happy and healthy this summer.



A 12-oz sugar-sweetened cola has **31 grams of sugar**, which equates to almost 8 grams of added sugar. **That's 8 teaspoons!**



Choose Water

Give thirsty kids a healthier choice. **Water has no added sugar!**



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



Sit Less



Limit TV, computers, tablets, and games to **1-2 hours** a day for good health.



More than **27%** of kids' daily calories come from snacks.

Eat Smart to Play Hard



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 safe summer meal site. Many also offer fun games, crafts, and activities. Kids and teens up to age 18 eat free.

Call 1-866-3-HUNGRY or 1-877-8-HAMBRE to find a Summer Meal Site near you!
<http://www.fns.usda.gov/summerfoodrocks>



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