

# Gym Shorts

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Created by Longwood University students in the Department of Health, Athletic Training, Recreation, and Kinesiology –  
June 2014

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## About Our Newsletter...

This monthly newsletter is devoted to topics for students and their parents to use to promote health, safety, and fitness. We hope you enjoy.

### School's Out!



Here are some simple tips you can follow to be safe and have fun in the sun:

- Be sure to drink lots of water!
- Get your parents to help put on sunscreen
- Make sure an adult is always nearby when you go swimming.
- Be sure to know what can make you sick, and be sure to have medicine nearby.
- Don't stay in the house all summer, get outside and have some fun.
- HAVE A GREAT SUMMER AND BE SAFE.

## Things to do over the summer

Keeping active over summer break can keep you from getting bored and can help keep you healthy. Here are some possible ideas for you and your family

- Go to an amusement park for a day
- Sign up for a day camp, or sports camp!
- Catch fireflies at night
- Go to the pool
- Play outside with your friends
- On rainy days, play board games with your friends and family
- Plan a family picnic



## Take advantage of The Weather

June is the perfect month to get outside and go play! Here's how:

- Go on a bike ride with your friends and family
- Go camping.
- Go to the local park
- Roast s'mores with your parent's help!
- Drink plenty of water
- Get some ice cream
- Go on a bug or animal adventure.
- Jump rope with your friends

## Nighttime glow stick Bowling!



A super cool way to play outside when the sun goes down so you can play some nighttime bowling. Wait for the sun to go down and then knock those pins down! Here's what you need:

- 5 – 10 plastic water bottles
- A glow stick for every water bottle
- Night time or a dark room
- A soccer ball or basketball

<http://www.sixsistersstuff.com/2013/05/50-outdoor-summer-activities-for-kids.html>

## Summer time Special:

This is a yummy summer time treat that you and your parents can help make. Here's what you need:

A Parent

1 (3 ounce) package fruit flavored Jell-O® mix

1 unsweetened, flavored soft drink mix package

1 cup white sugar

2 cups boiling water

2 cups cold water

Dissolve gelatin, soft drink mix and sugar in boiling water. Stir in cold water and pour into popsicle molds or small plastic drinking cups. Add popsicle sticks when firm but not frozen completely; freeze until hard.

<http://allrecipes.com/Recipe/Ice-Pops/Detail.aspx?evt19=1>

## Word search

B Y F N P Z S O S P I G U B Q  
H V O U G Z G R E P R C E Z L  
X O J X T U E V O G O W C L C  
N E E R C S N U S O J R A F F  
K O C Y Q B I V R E D B T I B  
I V Q B I A H B S B E T R S W  
C S R H B S S J I S F E U W G  
Q S Q M P K N Y A U F P V O Z  
R C K I P E U B N L L H D C U  
C M E I H T S W I M M I N G S  
Q U Q G I B D E I E S N X P O  
F C A S W A S K S K W K C H C  
G M J Y Y L J V Q E F F A R C  
D N G S W L T K B V C W E E E  
K J T I P Z N R W I F O O J R

### Word Bank:

outdoors

sunshine

sports

baseball

soccer

basketball

swimming

fireflies

sunscreen

fun

<http://puzzlemaker.discoveryeducation.com/code/BuildWordsSearch.asp>

## Top 3 ways to stay safe this summer

1. Drink as much water as you can
2. Remember your sunblock
3. Find some shade if you're outside for a long time

This newsletter was created by Andy Lucas and Paul McFarland. This project is a collaborative effort between the Longwood University (HARK Department) and the Childhood Healthy Weight Coalition.