Try these fun ways to help your whole family be more physically active:

1. Talk with your family about which activities to try.
2. Set a goal. Write it in the middle box.
3. Cross off each activity as you do it.
4. When your family has done all the activities, you have Bingo! Celebrate with a trip to a park or have a family dance party.

For children and adults with disabilities, cross out activities that are inappropriate and write in your own fun ideas.

Take a brisk family walk
Ride bikes
Play tag
Garden
Dance
Play basketball or tennis
Run
We will do ________ activities this month.
Play soccer or Frisbee
Jump rope
Climb stairs
Play catch
Go on a hike
Swim

Running, laughing, sweating...your family plays hard. This summer, fuel up with healthy foods to feel your best.

Look inside to find:
- Quick and tasty snack ideas
- Facts about your favorite drinks
- A fun family challenge to inspire you to play hard
It’s a vegetable! It’s a protein food! It’s a… SUPER-SNACK!

Beans are...
• healthy!
• budget friendly!
• delicious!

That’s right! Beans are an excellent source of protein and provide other nutrients such as iron and zinc. Look for canned beans labeled “low-sodium,” “reduced sodium,” or “no salt added.” Or try cooking with dried beans. See below for snack ideas.

**Snack Recipes**
Are you looking for a snack to give kids energy between meals? Try beans! Beans can help your kids eat smart to play hard all summer long. Try…

**Edamame** — Kids love the mild flavor and enjoy popping them open.
**How?** Buy frozen bags of green soybeans in the pod. Bring a large pot of water to a boil, add the beans, and boil for 5 minutes. When ready, drain beans and serve hot or at room temperature. Remove the outer pod before eating the beans.

**Roasted Chickpeas** — Chickpeas, or garbanzo beans, get crunchy and extra-delicious when spiced and roasted in the oven.
**How?** Drain, rinse, and dry two 15-oz cans of chickpeas. Toss the chickpeas with a tablespoon of oil and one teaspoon each of cumin and chili powder. Spread beans on a baking sheet and roast at 400 degrees for 30-40 minutes, stirring halfway. Cool before eating.

**Quick Quesadillas** — Make a quick and easy quesadilla with black beans as the main ingredient!
**How?** Combine 1/3 cup cooked black beans with 2 tablespoons reduced-fat cheese in a whole-wheat tortilla. Fold in half and lightly spray one side of the tortilla with cooking spray. Place quesadillas on a baking sheet and bake at 400 degrees for 15 minutes, or until cheese has melted and the tortilla is crisp.


**Drink Smart To Play Hard**

Do my kids need sports drinks?
Sports drinks can be helpful for young athletes who exercise vigorously for an hour or more, or in hot temperatures. For most children, though, water is the best choice during and after physical activity. Sports drinks have added sugars that children do not need.

**How do I know if there is added sugar in my drink?**
Check the ingredient list for these added sugars:
• High-fructose corn syrup
• Fructose
• Corn syrup
• Dextrose
• Cane or beet sugar
• Agave syrup
• Sucrose
• Honey

**How much added sugar is in my drink?**
Look at the chart below to see how much added sugar is in some popular drinks.

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Size</th>
<th>Teaspoons of added sugar</th>
<th>Calories from added sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Any</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sparkling Water (unsweetened)</td>
<td>Any</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cola</td>
<td>12-oz</td>
<td>8 (8)</td>
<td>126</td>
</tr>
<tr>
<td>Fruit-Flavored Drink</td>
<td>12-oz</td>
<td>10 (10)</td>
<td>168</td>
</tr>
<tr>
<td>Lemonade</td>
<td>20-oz</td>
<td>14 (14)</td>
<td>220</td>
</tr>
<tr>
<td>Sports Drink</td>
<td>20-oz</td>
<td>8 (8)</td>
<td>122</td>
</tr>
</tbody>
</table>