

Summer is almost here!

Get Out The Sunscreen & And Make Way For The Snack Machines!

During those long summer days of loafing around the house and hanging out with friends, kids can turn into 24 hour snacking machines!

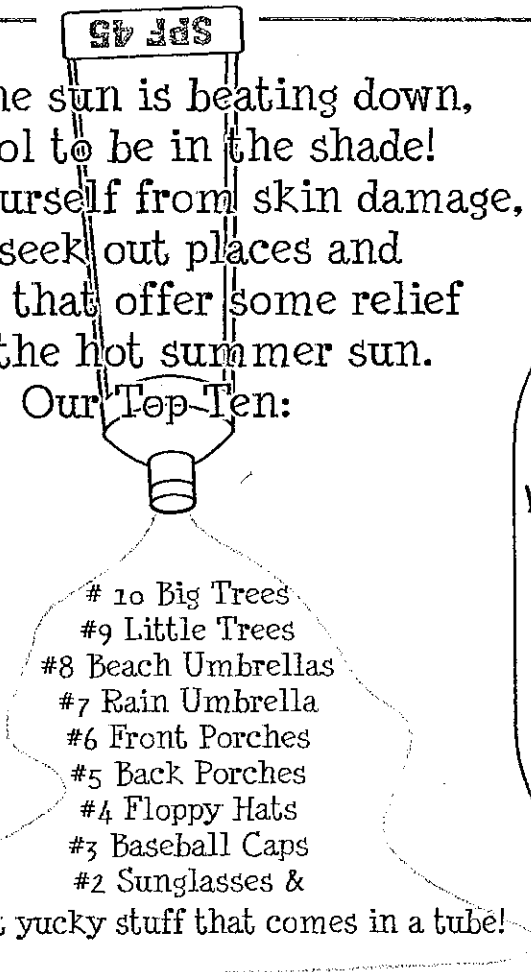
Depriving kids of what they crave is not the answer, but you can try and limit the amount they eat by having more of the good stuff available.

With Snacks in Mind
LOOK for a Healthy Kind!

- low-fat ice creams
- yogurt & popsicles
- whole grain granola bars
- low sugar breakfast cereals
- low-fat milks & cheeses
- reduced fat crackers & chips
- popcorn & pretzels
- whole grain sandwich breads
- nuts & dried fruits
- FRESH crunchy veggies
- SWEET juicy fruits

When the sun is beating down, it's cool to be in the shade! Protect yourself from skin damage, and seek out places and gadgets that offer some relief from the hot summer sun.

Our Top Ten:



- # 10 Big Trees
- #9 Little Trees
- #8 Beach Umbrellas
- #7 Rain Umbrella
- #6 Front Porches
- #5 Back Porches
- #4 Floppy Hats
- #3 Baseball Caps
- #2 Sunglasses &
- #1 That yucky stuff that comes in a tube!

Water Works Best

When the heat is on, reach for water! It works best to hydrate without adding empty calories to your diet. Find time in your day to drink up a few bottles of water.

Hydrate First Rate

Have a Safe and Happy Summer!

TAKE TEN:

1. Daydream
2. Wear Sunscreen
3. Laugh Out Loud
4. Float on Clouds
5. Chase the Wind
6. Fly Kites with Friends
7. Eat Veggies and Fruits
8. Drink Water and Juice
9. Count the Stars at Night
10. Get Rest and Sleep Tight

Marietta City Schools
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Wellness