

JUNE

Building a Healthy WSD

# Be a Trail Blazer!

Visit your local parks and trails

The sun is shining. The days are longer. Outdoor activities call your name! Parks and trails can be great fun for your family. You can bike, hike, swim, and even canoe. There are many other reasons to enjoy the outdoors at a local park or trail, such as:

Low-cost  
Relax  
Exercise

Convenient  
Stress relief  
Fresh air

Fun  
Be with nature



Young, old, alone or with others, parks and trails call for little gear. Visit [www.keystoneactivezone.com](http://www.keystoneactivezone.com) to see Montgomery County parks and trails to visit this summer. Click on the "KAZ Summer Passport" to make exploring more fun for kids and adults.

## Recipe: Trail Treasures

Makes 4 cups.

- 1 cup combination diced dried fruit (prunes, apricots, pears and apples)
- ½ cup raisins and/or dried cherries or cranberries
- 1 ½ cups unsalted sunflower seeds
- 1 cup unsalted dry-roasted peanuts (or honey-roasted peanuts, chopped walnuts or unsalted almonds)

Mix ingredients together. Put in zip-lock bags for a healthy snack to-go on the trails!

**DID YOU KNOW?** One 12 ounce can of soda contains 39 grams of sugar, which is the same as 9 teaspoons of sugar. [www.smartmouth.org](http://www.smartmouth.org)

**Go with H2O!** Make sure to drink water before, during and after being active. When it is hot outside, you need to drink more water. If you are active in the heat for an hour, drink water before you go out and every 15 minutes while you are active. Do not wait until you feel thirsty to drink.

For more information, visit:

[www.dcnr.state.pa.us](http://www.dcnr.state.pa.us)

[www.cdc.gov/nccdphp/dnpa/physical/spotlight.htm](http://www.cdc.gov/nccdphp/dnpa/physical/spotlight.htm)

[http://www.bam.gov/teachers/downloads/physical\\_activity\\_color.pdf](http://www.bam.gov/teachers/downloads/physical_activity_color.pdf)



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