

# L.E.A.P

## LEARN EAT AND PLAY NEWSLETTER VOL.2

### Learn

With sunshine and warmer temperatures on the way, many people will be tempted to spend more time outdoors! Which is fabulous! But finding balance is key! Like most things, sun safety involves finding balance. The key is not overexposure or avoiding exposure altogether, but to bask in the sun's rays for a few minutes at a time.

It is completely understandable to fear too much sun exposure. According to the Environmental Working Group, more than two million Americans develop skin cancer each year; and half of Americans who live to 65 will be diagnosed at least once with rarely fatal forms of skin cancer. Cancer aside, too much sunlight can create oxidative stress or oxidation. Think of this as the rusting of a car or a sliced apple turning brown. The same situation creates wrinkles on your face when you have been exposed to too much sunlight over the years.

Staying out of the sun or over-relying on sunblock can make us depressed or anxious and contribute to numerous problems. That's because when we avoid sun exposure, we often become deficient in the sunshine vitamin(vitamin D) an important key to health and vitality.

Basking in the sun feels good, but it also allows your body to make vitamin D. Vitamin D is almost totally absent from our food supply now-a-days. Your body makes vitamin D when it's exposed to sunlight. In fact, 80 to 100 percent of the vitamin D we need is created because of exposure to the sun. The best way to make vitamin D involves full-body sun exposure for about 15 to 20 minutes between 10 a.m. and 2 p.m. daily.

But again, balance is key! This isn't an excuse to go overboard and tan for hours on end outside! For prolonged sun exposure, umbrellas for shade, longer clothing, hats, QUALITY sunscreen and proper hydration are crucial! So, grab your beach hat, drink up, and get outside!



### Eat

To help cool off and refresh those taste buds, give these delicious smoothie recipes a shot!

#### Pineapple Green Smoothie:

1 cup coconut water

½ cup frozen pineapple

½ cucumber, chopped

½ avocado

1 tsp. grated ginger

-Blend all ingredients until smooth

#### Berry Banana Smoothie:

2 cups spinach

1 cup water or cashew milk

½ banana

½ avocado

½ cup frozen strawberries

-Blend all ingredients until smooth!

### Play

#### OUTDOOR OBSTACLE COURSE WORKOUT!

Take fitness outside! Set up an outdoor obstacle course to get the kiddos moving AND having fun!

Find things around the house, indoor and out and that can get wet – grab things like the hose, some buckets, lawn chairs, larger toys, etc. – have the kiddos help pick the needed items, get creative!

If you're in the driveway or on the sidewalk, wear shoes! If you're in the grass, try going barefoot!

Course Circuit:

\*Set up your equipment around the yard so you can run from station to station

\*Set a running clock for 15 minutes, and cycle through the following movements! - 3, 2, 1, let's go!!

-5 burpees

-zig zag bear crawl around buckets/cones/toys (set up at least 10!)

-10 dips on chair

-5 push-ups on chair

-10 broad jumps

-5 jump squats

-10 lateral hops over hose/direction

-5 second spray down with hose

-repeat! How many rounds can you get??

Interested in how you can work with Erin or what programs she will be running in the Fall

Email [Klynchestandrewsparks.com](mailto:Klynchestandrewsparks.com)