

2022 THIRD QUARTER

Shine!

Health News from Vecino Health Centers



4 ways to keep your kids active this summer!

Summer is already here and we want to give you and your family a few tips to get creative and increase physical activity.

- Practice yoga for kids. [Cosmic Kids](#) has great free videos on YouTube.
- Hot lava! Keep a balloon in the air without touching the ground.
- Practice math problems, do a jumping jack or lunge every time the answer is an even number.
- Ball-toss spelling practice. Toss the ball and say a letter and then toss the ball to someone else to say the next letter.

To find more ways to get your kids moving visit [Heart.org](#)

What is self care? And why should I do it?

Self-care can look different for each person. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress.

Here are a few examples:

- Read a book, magazine, or article of choice.
- Listen to music or a podcast.
- Practice deep breathing.
- Take a long bath or a long shower.
- Light up a candle or incense.



For more examples of self care visit [Activeminds.org](#)

In this Issue

- How to keep your kids active this Summer
- What is self care?
- Get your family to eat more balanced meals

Events

July

Healthy Lungs for Life

Self-care Day July 24th

August

National Immunization Awareness Month

World Breastfeeding Week Aug 1st to Aug 6th

September

Childhood Healthy Eating Month

Grandparent's Day

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5 tips to get your family eating more balanced meals.

- Eat more fruits and vegetables. Involve your family or children in the decision making and describe fruits as exciting. For example, "sweet, sizzling green beans".
- Cut back on salt and add other seasonings like garlic, pepper, lemon juice, or fresh herbs.
- Replace meat and poultry in your favorite recipes with beans, lentils or fish. They have as much protein!
- Switch sugary drinks with 100% juice, or home made iced teas or fruit juices, without adding sugar.
- Try low-fat dairy products. If you usually drink whole milk, try 2%. If you usually drink 2%, try 1%.



To learn more ways to get your family to eat healthier visit Center4research.org

Grandparents Day Crossword Puzzle

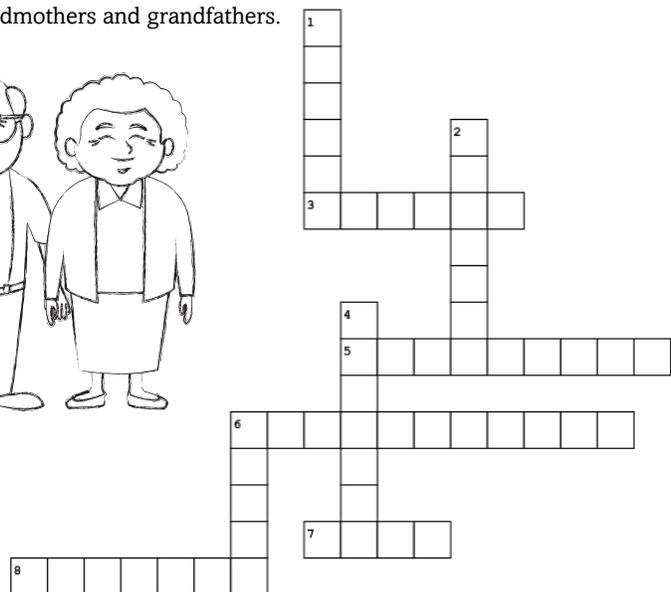
Join us by doing this crossword puzzle to celebrate our grandmothers and grandfathers.

Across

3. Day of the week this holiday is celebrated.
5. A related group of people.
6. Your father or mother's mother is your
7. Written greeting you might send to your grandparents.
8. Our grandparents tell us about our parents.

Down

1. Our grandparents show us family
2. A shortened form of the word "Grandmother".
4. A shortened form of the word "Grandfather".
6. Grandchildren may give their grandparents on Grandparents Day.



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