



Fit to Print

Newsletter of the Weigh Smart™ Program



Prevent unwanted summer pounds– Stay active and cool!

Did you know that kids usually gain weight during the summer? Some kids gain an average of 5 to 10 pounds. Lots of kids watch more TV during the summer and are less active. Take advantage of no homework and stay active with some of the following fun summer time activities!

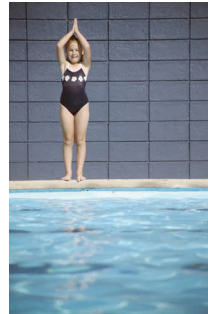
1. Wash the car-cools you off and makes your parents happy. Set up a car washing business in your neighborhood and earn extra \$\$\$!
2. Visit a Baltimore City or County Rec Center Pool.....Did you know the City has 13 walk to pools, 20 wading pools and 3 indoor pools? Most charge only \$1 to \$1.50 per visit.

3. Join a class through the Baltimore City Rec and Parks...they offer aerobics, karate, biking, water aerobics, hip-hop classes and lots of other fun programs. Call the office at 410-396-7900 for a program guide.

4. Go fish!

Patterson Park has a boat lake where you can fish. Call 410-396-9392 for more info

5. Cool off at the ice rink– Baltimore County operates an ice rink at the Reisters-town Sportsplex



For more information on City pools and rec and parks programs, take a look at:
<http://www.ci.baltimore.md.us/government/recnarks/aquatics.php>

or call the Baltimore City Rec and Parks office at 410-396-7900.

For more info on County swimming lakes, ice rinks and programs, look at:

<http://www.baltimorecountymd.gov/Agencies/recreation/index.html>

Or call 410-887-3871

Prevent unwanted pounds-Eat right this summer!

Avoid that summertime weight gain while staying hydrated. 1. Drink lots of no calorie or sugar free drinks to stay cool. Avoid sugary juices and sports drinks which add extra calories and have



sugar and salt. 2. Enjoy summertime produce—fresh fruits and veggies are at their peak and less expensive. Check out local farmers markets—Sunday morning downtown from 8am-noon under the JFX

at Saratoga Street or here in Mt. Washington Wednesday nights from 4-7pm at Whole Foods 1330 Smith Ave. Check out the web address below for additional locations. Find great deals and great ways to try new fruits and veggies and meet the farmers.

http://www.mda.state.md.us/md_products/farmers_market_dir.php

A healthier option at KFC

Here's our next stop on our tour of healthier choices when you're on the run. Last month we found a healthier meal at McDonalds — this month we're on to KFC!



Instead of:

Chicken Pot Pie
Potato Wedges
Tropicana 100% Fruit Juice Punch

(1150 calories, 53 fat grams)

Try this:

Tender Roast Sandwich without sauce
Corn on the Cob
Green Beans
Diet soda
(420 calories, 7.5 fat grams)