



Wellness! ROCKS!



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E-NEWS

IN THE KNOW AND ON THE MOVE

Happy 100th Girl Scouts YOU ROCK!



More than 6,000 Girl Scouts, from Daisies to Cadettes to Alumnae, poured onto the Durham (Conn.) Fairgrounds on May 19th to celebrate their 100th Jubilee—and Recess Rocks was there! Besides us, the event's Live Healthy, Lead Healthy building was jam-packed with active offerings including Let's Move, Zumba®, tae kwon do, line dancing, The Airborne Jugglers and Xbox Kinect. During Recess Rocks' two spirited Celebrations! classes, Girl Scouts and their parents grooved to the upbeat songs and had an awesome time working up a sweat.

[Check it out!](#)

Kids and parents wanting to learn more about our programs flooded our booth all day, plus they tested their resting heart rate on our monitors, and collected cool "waterless" Recess Rocks tattoos and tie-dye bracelets. Raffles for our DVDs and tee shirts kept the excitement buzzing, and two grand prize winners each got a beaded Recess Rocks tee-shirt.

Love our colorful Recess Rocks beaded tee-shirts? [Click now](#) and learn to make your own with our instructional video.

Curious about Celebrations!?

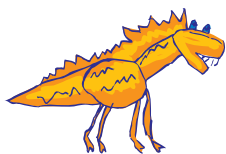
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KIDS CORNER



Hey kids, create your own chalk playground on your driveway or at the park.

Grab some friends or family, and try any or all of these games!

- Play "tic tac toe" or "hangman."
- Create your own maze or track. Time each other!
- Draw a landscape or your favorite picture.
- Play free form "twister". Draw different shapes, color them, then call out colors/shapes and twist body around board to touch and hold.
- Play "freeze hop:"
 - Draw a huge circle, then outline different colored shapes within it.
 - Pick a color or shape that is "out."
 - Choose a "caller;" they face away from circle.
 - Everyone else hops from one color/shape to another.
 - When caller shouts "freeze," person on "out" becomes caller.





KIDS IN THE KITCHEN

Gotta love mini tacos – eat some today!

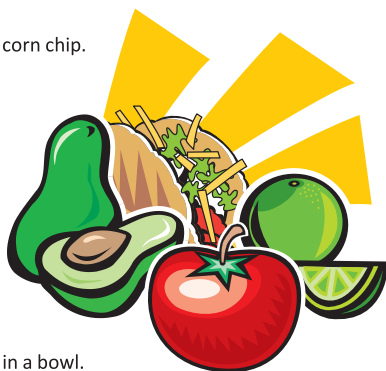
- Spoon salsa into a scoop-shaped or large triangle corn chip.
- Sprinkle with shredded Mexican cheese.
- Top with guacamole or non-fat sour cream.
- Buenísimo! A mini taco!

Make your own guacamole

- Slice an avocado in half, twist apart.
- Use side without pit; scoop fruit into a bowl.
- Cut a lime in half and squeeze juice onto avocado.
- Mash together with a fork.

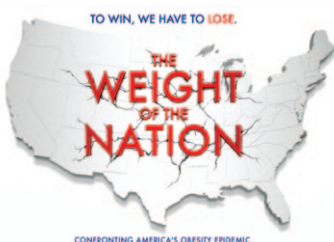
Try fresh homemade salsa!

- Chop some tomato into bite-sized pieces and put in a bowl.
- Squeeze remaining lime into bowl.
- Add fresh chopped cilantro or dried cilantro.
- If you wish, add diced onion, corn or cubed mango.



DID YOU KNOW?

Obesity— An American Epidemic



HBO's compelling, 4-part documentary series, *Weight of the Nation*, presents years of obesity research through case studies, interviews and scientific explanations from our nation's experts. Learn about our nation's obesity epidemic, and what we can do better for ourselves and our kids.

[Click here](#) to watch *Weight of the Nation*.

QUOTE CUES

Accelerating Progress on Obesity Prevention: Solving the Weight of the Nation, May 2012

"The staggering human toll of obesity-related chronic disease and disability and annual cost of \$190.2 billion for treating obesity-related illness, underscore the urgent need to strengthen prevention efforts in the United States." As detailed in The Institute of Medicine's new report, action must occur at all levels—individual, family, community and the broader society—and leaders must accelerate obesity prevention by advancing five key strategies:

- Make physical activity an integral and routine part of life.
- Create environments that ensure healthy food and beverage options are the routine, easy choice.
- Transform messages about physical activity and nutrition.
- Expand the role of health care providers, insurers and employers in obesity prevention.
- Make schools a national focal point for obesity prevention.

In schools, for example, quality physical education and opportunities for physical activity; strong nutritional standards for all foods and beverages sold or provided; and food literacy and skill development are essential for obesity prevention. The report also details each strategy from the standpoint of congress, state legislatures, local education agencies and local school districts to ensure progress at every community level.

You can help! [Click here](#) to check out the report and for ways you can take action.

ASK!

[CLICK HERE](#)

TO BRING RECESS ROCKS TO YOUR COMMUNITY

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