

# July 2024

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**Blank Children's Hospital**  
UnityPoint Health

### Beat the Heat

Water is not only a fun way to cool off during these hot summer days, but it is also essential to maintaining a healthy body. We want to see you drinking plenty of water every day, and on Fridays you can combine quenching your thirst with some water fun! Get out a kiddie pool or sprinkler to play in. Visit a splash pad or pool. You could even go to a local beach. Be sure to stay safe and wear your life jacket!

### Explore!

Just like it says! Check out these parks and activities! Some may be new. Some you may know. Either way, find a new place to hike, bike, swim, and EXPLORE!

### Ditch the Screen

Can you put aside your screen for a WHOLE day? Everyone from toddlers to grandparents spend too much time on phones, video games, computers, TV's, and tablets. Make a list of things you can do, preferably outside, and challenge yourself to spend your Mondays screen-free.

### National Grilling Month

In July, we recognize National Grilling Month. Saturdays are a great time to fire up the grill and try some new recipes or try some foods on the grill that you've never tried before. Below are a couple of ideas to get you started.

**Veggies**—Slice up your favorite veggies, brush lightly with olive oil, and place them in a grill pan or on aluminum foil on the grill for 4-10 minutes depending on the veggie. Great for an easy side dish!

**Kabobs**—Making Kabobs doesn't have to be hard! Take chunks of meat and/or vegetables (brushed with olive oil), thread them onto bamboo skewers that have been soaked in water, and place on grill.

**Fruit**—Grilling fruit brings out the natural sugars and caramelizes them for a yummy taste. Try peaches, pineapple, melons, or pears.

**The Classics** (Burgers, hot dogs/brats, chicken, etc.)—You can't go wrong with these favorites!



### Super Strong!

Try these simple exercises. Increase the number of repetitions or seconds each week.

Wall Sit-20 seconds week 1, then 30, 40, 60

Push ups-5 reps week 1, then 10, 15, 20

Skaters-5 each side increasing to 10, 15, 20

Plank-Start with 20 seconds and increase to 30, 40, and 60 seconds.

### Obstacle Course Challenge

Did you know that you can make an obstacle course out of almost anything? Hula hoops, logs, playground equipment, Frisbees, blankets—anything that you can go over, under, around, or through! Set up a course in your yard or at a playground. Challenge yourself to go through it faster each time. Then switch up the course to have new challenges. How many versions of the course can you come up with?

### HIIT Me With Your Best Shot

Fun summer HIIT circuit to give you bursts of higher intensity workout followed by a short rest period. You can do it in your back yard, at a park, or on a basketball court.

**Baseball version:** Set up 4 markers to be bases. Pretend to hit a ball, run to first base and do 40 seconds of frog jumps followed by 10 seconds of rest. Next, run to second, do a 40 second plank, rest, run to third, do 40 seconds of pushups, rest, run home and finish with 40 seconds of jumping jacks. Repeat 4 more times.

**Basketball version:** Set up 4 places on the court to shoot a basket from. Pick one spot, shoot the ball and do 40 seconds of frog jumps followed by a 10 second rest. Repeat this pattern at each of the next spots on the court doing a 40 second plank, 40 seconds of pushups, and ending with 40 seconds of jumping jacks to complete one circuit. Repeat 4 more times.

### Polk County Fair

The Polk County fair is FREE and takes place at the Iowa State Fairgrounds. Head on out each day to check out exhibits, animals, and different contests. Click on this [link](#) to the full schedule.

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



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