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<td>Summer Running</td>
<td>Smoothie Fun</td>
<td>Water Wednesday</td>
<td>Try It Thursday Peppers</td>
<td>Foodie Friday Nachos</td>
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<td>June 24</td>
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<td>Summer Running</td>
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<td>Try It Thursday Cucumbers</td>
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*Blank Children's Hospital UnityPoint Health*
**Water Wednesday**
The temps are heating up, but you can stay cool with a water activity. Whether it’s playing in a sprinkler or kayaking with friends, remember to be safe. Wear life jackets and be careful of slipping on wet surfaces. Check out the Hannah Geneser Learning Center and Safety Store at Blank Children’s Hospital to purchase life jackets and other safety items. Don’t forget to stay hydrated, too. Choose water over other sugary drinks that can actually make you more thirsty.

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**Smoothie Fun**
Smoothies can pack a lot of nutrition into a great-tasting drink. Try one of these recipes to cool down and get some fruits and veggies into your day. You can use fresh or frozen fruit, organic or conventional, and cow’s milk or non-dairy milk of your choice.

**Smoothie Recipes**

**Foodie Friday**
Check out these recipes to bring some fun to your Friday night meals and try some twists on old favorites.

**Sticky Pork Lettuce Wraps** You can substitute olive oil for the rapeseed oil and regular granulated sugar for golden caster sugar.

**One Pan Nachos with Black Beans**

**Stuffed Rainbow Baguette**

**Black Bean Burger** Substitute olive oil for rapeseed oil. The recipe calls to top your burgers with “rocket” which is arugula.

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**Slow Down Saturday**
Slow it down this weekend by doing some stretching, yoga, or Pilates. These are all great ways to increase flexibility, lengthen muscles, and relax. Try this yoga video to get you started.

https://www.youtube.com/watch?v=5XCQtYsFa3Q

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**Sunday Circuit**
A circuit is a set of 3-4 exercises that are done in a certain order for multiple rounds. Try these four exercises for 30 seconds each. Take a 30 second break and do it again for a total of 4 times. Move onto the next exercise. When you have done each exercise 4 times, you have completed one set. Aim to do 3-4 sets.

**Sumo squats**
**Push-ups**
**Jumping Jacks**
**Mountain climbers**
**Backwards lunge**
Summer Running
Get active with some summertime running! If you’re a beginner, start by running for 1 minute and walking for 5 minutes. Repeat 3-4 times. If you can’t do a full minute, that’s ok! Do what you can and then walk for 5 minutes. You will gradually build up to 1 minute and beyond! As you increase your running time, decrease your walking time. Remember to wear your sunscreen and take some water with you!

Try It Tuesday
Increase your veggie intake by trying these veggies and fruits that you may have never tried before. If you have tried them, try preparing them a new way like grilling or roasting. Check out the Spend Smart, Eat Smart page for more ideas!
Peppers
Pineapple
Cucumbers

First Day of Summer!
Enjoy the first official day of summer by spending some time outside! Get outside and get active. Ride bikes, blow bubbles, go for a walk, read a book under a tree. Celebrate the longest day of the year with a full day of outdoor fun!

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