

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Staycation Fun	2 Staycation Fun	3 Visit a Farmer's Market
4 Explore! Stand-up Paddle Boarding	5 Exercise with Your Child Week	6 Exercise with Your Child Week	7 Exercise with Your Child Week	8 Exercise with Your Child Week	9 Exercise with Your Child Week	10 National S'mores Day
11 Explore! Fishing	12 State Fair Extravaganza!	13 State Fair Extravaganza!	14 State Fair Extravaganza!	15 State Fair Extravaganza!	16 State Fair Extravaganza!	17 Visit a Farmer's Market
18 Explore! Disc Golf	19 Bring on the School Year!	20 Bring on the School Year!	21 Bring on the School Year!	22 Bring on the School Year!	23 Bring on the School Year!	24 Visit a Farmer's Market
25 Explore! Mountain Biking	26 Sleep Solutions	27 Sleep Solutions	28 Sleep Solutions	29 Sleep Solutions	30 Sleep Solutions	31 Visit a Farmer's Market



Staycation Fun

Even if you didn't take a trip or a vacation somewhere, you can have a fun time doing a Staycation at home! On these days, try something you don't normally do. Pick a new park to visit, try a new activity like indoor rock climbing, choose a new food to taste test, have a camp-out in your backyard or at a local campground, or visit a beach for a day. Work together with your family to plan out some fun things to do and some healthy snacks to take along!

Explore!

Every month we have been encouraging you to find new places to hike, run, walk, ride, paddle, and have tons of outdoor fun. This month we are going to focus on ACTIVITIES you can do and list a few places where you can do them. Enjoy!

Paddle boarding—Easter Lake, Gray's Lake, Big Creek, Jester Park, Beaver Creek, Tara Park, Raccoon River, Lake Ahquabi

Fishing—Get a fishing license first! Acorn Valley Pond, Blue Heron Lake, Gray's Lake, Hooper Area Pond, Sawgrass Park, Thomas Mitchell Lake, Walker-Johnston Park

Disc Golf—Many locations in the Metro Area!

Mountain Biking—A "regular" bike with tires that aren't too narrow will be just fine for starting out on these trails!

Visit a Farmer's Market

Summer is a great time to visit a Farmer's Market! Many local markets are held on Saturday mornings such as the Downtown Des Moines Farmer's Market. There are also several held in the evenings during the week.

Check out the times and locations for your local area farmer's market. [15 Best Farmers Markets in Des Moines, Iowa \(Including Dates, Vendors & Locations\) - Downtown Farmers Market](#)

Farmer's Markets have a wide variety of fruits and vegetables that can boost the nutrition in your weekly meals and snacks. Plus, fresh produce that hasn't traveled very far is better tasting and lasts longer.

Exercise with Your Child Week

August 4-10 is National Exercise with Your Child Week. There are so many things that parents or caregivers can do with their children to have a lot of fun while getting in a workout. Pick a couple of activities to do as a family each day for 30 minutes or more. Here are a few ideas to get you started.

Jump rope

Ride a bike

Go for a swim

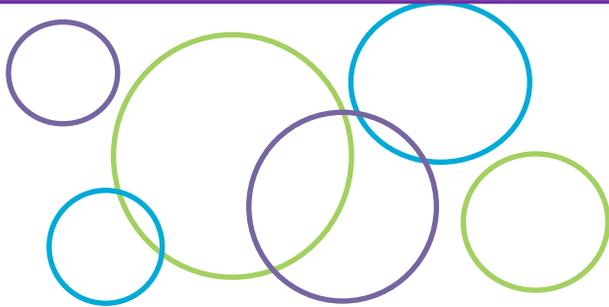
Make an obstacle course

Swing at the park

Play tennis/badminton/volleyball/basketball/softball

National S'mores Day

Who doesn't love S'mores! Mix things up by adding healthy options to your yummy treat. Try thin apple slices instead of graham crackers. Put slices of strawberry or pears in your S'more. You can even substitute soft cheese, such as Brie, for the marshmallow. Check out all of these ideas and more [here](#).



Bring on the School Year!

Most Central Iowa schools have their first day of classes this week. Let's start the school year off right with healthy snacks and exercise. Everyday after school, be sure to have a healthy snack that includes a protein such as cheese, yogurt, low-fat deli meat, meat sticks, peanut butter, or hummus. Pair this with a whole grain or a fruit or veggie. Don't let your physical activity end with summer break! Find an activity to do for at least 30 minutes every day after school. Record what you do on the calendar.

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

State Fair Extravaganza

The Iowa State Fair is one of the largest and best fairs in the entire United States! There was even a musical written about it! If you visit the State Fair this year, there are many yummy foods that you may only get once a year. You CAN get those foods and enjoy them! Also try to find some [healthy choices](#) where you can and drink plenty of water. If you aren't going to the Fair on one of the days this week, you can still pretend like you are by taking a walk every day (pretend you are walking around the fairgrounds), making some low-sugar lemonade, and having some foods on a stick such as cheese cubes or fruit.

Sleep Solutions

With school back in session, it's time to make sure you are getting enough sleep each night and ditch those summertime sleep habits. Try these things each night to ensure you are getting to sleep on time and getting good quality sleep. If you can do all of them, put a checkmark on the day on the calendar.

- 1) Turn off all electronics and screens 1 hour before bedtime.
- 2) Limit your daytime recreational screen use to 2 hours or less.
- 3) Go to bed with enough time to sleep for at least 8 hours.



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