

ACTIVE MOVEMENT THIS SUMMER

Use the Summer to reactivate minds and bodies ready to return to schools and offices in September. Here are some ideas for the next few weeks.



SUMMER PROTECTION

Be careful in the sun. Apply sunscreen. Cover children with loose clothing. Minimize exposure between 10am and 3pm.

Sun is good for Vitamin D which helps our immune system fight viruses.

Get 15 – 30 minutes each day



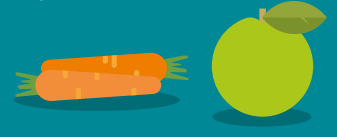
SUMMER WORKING

Many are still working from home or spending lots of time sitting in offices. Get the Health at Home office sheet to find ways to sit less and move more as part of daily routine. And go for a walk to get some fresh air and Vitamin D.



SUMMER NUTRITION

When spending time at home many end up eating more or snacking often. Summer's a great time to eat lots of fresh fruit and vegetables. Why not swap some of the less healthy options with something healthier.



SUMMER ACTIVITY IN SLOUGH

Despite COVID-19 guidelines this Summer, there is plenty going on in Slough. Visit www.slough.gov.uk



SUMMER RAIN DAYS

Summer isn't always sunny! But even on rainy days, it is still important to keep active.

Can you make every indoor game an Active Movement moment? Playing snakes and ladders? Stand when you go up a ladder. Snap? When you say Snap, jump up! Throwing a dice? Stand for each six! Always play computer games standing up.

If you've made board games, cards and computer games more active, let us know! Check out the Health at Home sheets for more ideas



SUMMER SLEEP

Days are longer so we go to bed later. Warm nights make getting (and staying asleep) difficult, especially for children. Yet sleep repairs brain and body cells, improves immunity, mood and memory, gives us energy and maintains a healthy weight.

Keep to a sleep routine. Wind down the same time each evening. Try to go to bed (and get up) at the same time. Keep the room cool. Remove television, computer and mobile phone screens. And have plenty of fresh air and activity during the day!



SUMMER DRINKS

Hydration is very important. It helps regulate body temperature, keep joints lubricated, deliver nutrients to cell and keep organs working properly. It's good for brain and body. 4 – 13 years old should drink between 6 – 8 glasses of fluid daily. Replace fizzy drinks with water or milk.



SUMMER CHALLENGES

Being active together is more fun, so here are a few family challenges.

- Go for a family walk of 1000 paces every day for a week
- Read a whole book standing in an unusual place
- Climb 100 stairs each day for a week
- Visit all 4 Active Parks
- Go for a walk with a different friend 3 days in a row



SUMMER PARK WALKS

Slough Borough Council have created the first ever Active Park Walks! Salt Hill Park, Kennedy Park, Upton Lea Recreation Ground and Upton Court Park now have special walks added.

Try one this Summer. You will find a map at the start, pathway markers with information you can access by phone.

Look out for a special competition to officially launch the park walks in early August.

Visit www.publichealthslough.co.uk/campaigns/active-park-walks



WHEN SUMMER'S OVER

September will be challenging for everyone, particularly children. They will have to re-acclimatise to the school day, different surroundings and a COVID-19 world.

Active Movement is working with primary schools and Early Years settings to help children, teachers and parents – as well as Slough Borough Councils offices - get used to a new 'normal' life.

For more information on their Active Recovery programme, contact peter@activemovement.co.uk



SUMMER CLUB

Primary school children can become Active Mover AMbassadors to help everyone keep active at home. Early Years children can join the Max Club with weekly letters and games. For more information, visit:

www.publichealthslough.co.uk/campaigns/active-ambassador-programme

