Summer is a wonderful time to get up, get out and be active! Adults and children need at least 30 minutes of activity most days of the week. It may sound like a lot, but it doesn’t all need to happen at one time. Physical activity throughout the day all adds up. And when you get moving, you’re more likely to:

- Feel less stressed.
- Feel better about yourself.
- Feel more ready to learn in school.
- Keep a healthy weight.
- Build and keep healthy bones, muscles and joints.
- Sleep better at night.

**What You Can Do**

**Go for a walk**

- Find a walking partner, a group of friends or neighbors.
- Walk your dog or cat. Pets need exercise too!
- Take a water bottle, wear comfortable shoes, and enjoy the outdoors.
- Keep a daily walking schedule.
- Walk together as a family most days of the week.

**Move more, sit less**

- Turn off TV and step away from the computer.

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To Locate an Eat Smart New York Educator in your area visit our website: 
http://www.otda.ny.gov/programs/nutrition/contacts.asp
Or Call: 1-800-343-8859 X 2-3008
What people like you are saying about Eat Smart New York:

I didn’t like the activities we did in class at first, but now if we don’t do them, I miss it!

Exercising is not fun, but my daughter and I walk every evening. It’s enjoyable and we get a chance to talk without interruption!

Enjoy Fresh Fruits and Vegetables in Season and Save Money!

Did you know SNAP benefits can be used at many Farmers Markets? Enjoy fruits and vegetables all year, but especially when they are in season. To locate the Farmers Market nearest you, go to: http://www.snaptomarket.com/.

In season now...

- Broccoli
- Beans
- Corn
- Blueberries
- Cabbage
- Peas
- Cucumbers
- Lettuce
- Pears
- Melons
- Potatoes
- Peas
- Peppers
- Raspberries
- Spinach
- Squash
- Tomatoes
- Onions

Eat Smart and Be Active!

- Choose activities you enjoy!
- Choose activities you can do regularly!
- It all adds up! Try doing a few minutes of activity throughout the day and throughout the week.
- Limit TV and video games for children. Instead, dance, walk, or play ball for a few minutes.

Contact your Eat Smart New York Educator to learn about easy activities you can do at any age!

The material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance for income-eligible people to help buy nutritious food for better diet. USDA is an equal Opportunity provider and employer. For more information about the Supplemental Nutrition Assistance Program, contact your local Department of Social Services at 1-800-262-0000.