

Continue Your Let's Go! Efforts

OVER THE **SUMMER**

Summer is the time to reinforce healthy habits learned in the classroom during the school year!

We know that many out-of-school programs operate differently over the summer. Programs may have different staff, extended hours, changes in programming, or changes in funding for meals and snacks. Here are some tips to keep your 5-2-1-0 efforts strong through the summer months:

- Provide an overview of Let's Go! at new staff orientation.
- Stay connected with your local Let's Go! Coordinator.
- Continue using the Let's Go! Strategies for Success to create healthy environments for kids at your program.
- Set goals related to nutrition and physical activity and work to make changes to support healthy behaviors at your summer program.
- Partner with the USDA Summer Food Service Program (See the 'Step 3: Strategy 10' tab).
- Continue to partner with and educate families by sending home handouts from this toolkit (See the 'Step 3: Strategy 8' tab).

The YMCA's Family Health Snapshot survey, conducted in partnership with the American Academy of Pediatrics Institute for Healthy Childhood Weight in March 2015, revealed that encouraging kids to make healthy lifestyle choices is especially important over the summer.

The survey showed that, during the summer:

- Only about half of kids get at least 1 hour of daily physical activity
- About three-quarters of kids drink sugar-sweetened beverages at least weekly
- About a quarter of kids drink 1 or more sugary beverages daily or nearly daily
- 64 percent of parents report that their kids spend 3 or more hours each day on recreational screen time

