



## Physical Activity and Nutrition News

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### Summer in Vermont

Summer has finally arrived in Vermont. We have learned to make the most of these precious long days. Enjoy our beautiful state, from the water to the trails, on foot, bike or wheelchair- there is so much to do. This newsletter includes suggestions for getting out and playing, looking at the beautiful scenery and being active. We also have safety tips, including guarding against sunburn and dehydration.

New to this newsletter is a blog called Food Bites, by Rebecca O'Reilly, MS, RD. This will be an ongoing feature that we hope you'll enjoy, starting with this issue's blog on keeping hydrated in the warm weather.

Enjoying summer's bounty is one of the great things to do in Vermont. As we often do, we remind you to take advantage of the state's many [Farmer's Markets](#). While you are out and about, stop by the local farmer's market for fresh fruit or veggies for lunch or dinner.

Remember there are still free summer meals for school age children. Many of the [meal sites](#) have activities for children and youth as well.

Finally, I draw your attention to a great [blog piece](#) featuring our own Jennifer Woolard. Jen's work training Vermont teachers is highlighted in this Springboard to Active Schools article.

Enjoy all that Vermont has to offer this summer!

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### Get Out and Play!

Being physically active is one of the best things you can do for your health. Yet in Vermont, only one quarter (25%) of youth

in grades 9-12 get the recommended amount of physical activity (one hour of physical activity per day every day), and 21% of adults get no leisure time physical activity. With longer hours of daylight and plenty of free or low-cost ways to be active outdoors, summer in Vermont is a great time to start changing habits. Here are some places to be active outdoors this summer. [More...](#)



## Summer Fun in Vermont State Parks

It's summertime in Vermont and our state parks are open and in full swing! There is a lot happening across the parks this summer. Along with beautiful trails, beaches, and lots of opportunities for enjoying the outdoors with family and friends, there are new initiatives to help you stay healthy this summer. [More...](#)



# Food Bites



*By Rebecca O'Reilly, MS, RD*

## Healthy Hydration- It's not what you might think

Everybody knows the "rule." To stay properly hydrated, drink eight glasses of water a day. Hmm, think about that for a second- when has one size ever fit all when it comes to health and nutrition? Something's off. Let's take a moment to gain some perspective to help ourselves and those we serve head into the year's warmest months well prepared to stay healthy and hydrated. [More...](#)



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