

KidsFirst

May 2016



A publication of **Texas Children's Health Plan CHIP and STAR Members** ages 12-18 and their parents.

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Upcoming events on reverse side.

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BACKPACKS**

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10 a.m. to 2 p.m.

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BEAT *Summer* WEIGHT GAIN

When you think summer, most of us think outdoor fun. So it seems like we should naturally lose weight over the summer—not gain it. In reality, though, summer isn't all beach volleyball and water sports. Lots of summer activities can work against our efforts to stay at a healthy weight. The good news is it's easy to avoid problems if we know what to look out for.

HERE ARE 5 WAYS TO BEAT SUMMER WEIGHT GAIN:

1 GET GOING WITH *goals*

When we don't have a plan, it's easy to spend summer moving from couch to computer, with regular stops at the fridge. Avoid this by aiming for a specific goal, like volunteering, mastering a new skill, or working at a job.

2 STICK TO A *schedule*

With school out, we lose our daily routines. If you don't have a specific job or activity to get up for, it's easy to sleep late, watch too much TV, and snack more than usual. Make sure your summer days have some structure—like getting up at the same time each day and eating meals at set times.

3 STAY *busy*

When we're bored, it's easy to fall into a trap of doing nothing and then feeling low on energy. In addition to helping you avoid the cookie jar, filling your days with stuff to do can give you a sense of accomplishment. Limit your screen time to no more than 2 hours a day.

4 BEAT THE *heat*

Don't let summer heat put your exercise plans on hold. Move your workout indoors. If you love being outdoors, try joining a local pool or move a regular run or soccer game to early morning or evening.

5 THINK ABOUT *what (AND HOW) you eat.*

Summer means picnics and barbecues—activities that revolve around an unlimited spread of food. Don't overload your plate. Avoid going back for seconds and thirds. Choose seasonal, healthy foods like fresh fruit instead of high-sugar, high-fat desserts.

Source: KidsHealth.org

SCHEDULE YOUR SPORTS PHYSICAL NOW!

Both Locations of The Center for Children and Women are open to serve your healthcare needs!

To schedule your sports physical call **832-828-1005**.

Our locations:



700 North Sam Houston Parkway West
Houston, Texas 77067



9700 Bissonnet
Houston, Texas 77036

Find a list of all our providers under
"Find a Doctor" at
[TexasChildrensHealthPlan.org](https://www.texaschildrenshealthplan.org)



FINDING A Summer Job

Thinking about a summer job? As more people continue to compete for fewer openings, you'll need to start looking early, do your research, and apply to more positions. So it's more important than ever to have a job search plan.

WHERE SHOULD I START?

- 1 Prepare a résumé:** A good résumé is your best job-hunting tool. Talk to your school counselor for advice on preparing a résumé or visit livecareer.com to get started!
- 2 Find job leads:** Check out online teen job sites or the classified ads section of your local newspaper. If you're interested in working at a restaurant, bookstore, or other service business in your area, the best approach is to go there and fill out an application form.
- 3 Be your own boss:** If your job search hits a dead end, don't give up: get creative. Start a pet sitting, dog walking, childcare, or yard work! Print up flyers advertising the services your business offers, your rates, and your phone number or email address, then drop one off at every house in your neighborhood or ask supermarkets if you can post one on their community bulletin board.

Good luck!

Source: KidsHealth.org

DID YOU KNOW MAY 30 IS MEMORIAL DAY?

Many families will heat up the grill or head to the beach to celebrate this holiday. But Memorial Day has the word "memorial" in it for a reason. Memorial Day, is an annual holiday that honors those who have lost their lives in military service. Here are a few activities to help you get involved on Memorial Day this year:

- ★ Decorate the graves of loved ones with flowers and flags.
- ★ Display the U.S. flag outside your house.
- ★ Participate in community events that honor the holiday.
- ★ Wear red, white, and blue.



WHAT'S THE *Big Sweat* ABOUT DEHYDRATION?

When you sweat during exercise, it is easy to get overheated, get a headache or get worn out quickly. This can happen more easily in hot or humid weather. Even mild dehydration can affect an athlete's physical and mental performance. And, did you know that if you feel thirsty, your body has already needed liquids for a while?

SO, HOW CAN YOU PREVENT DEHYDRATION?

The best way is to drink 8 glasses of water each day. If you are exercising, be sure to drink water before, during, and after you work out.

Some things are better for you to drink than others. Water is the best thing for you to drink when you are playing sports. In fact, it is just as important to unlocking your game power as food! There is no magic formula that tells you how much fluid your body needs. It just depends on your age, size, level of physical activity, and the temperature of the air.

Texas Children's Health Plan is growing!

In order to serve you better, we have moved to a new space. Our new address is **6330 West Loop South, Suite 800 Bellaire, Texas 77401.**

Visit us online at [TexasChildrensHealthPlan.org](https://www.TexasChildrensHealthPlan.org) for more information.

We have moved!

Peanut Butter Banana Smoothie

Ingredients

- 1 ripe banana, peeled and sliced.
- 1 cup of milk.
- 1/3 cup creamy Peanut butter.
- 2 tablespoons honey.
- 1/2 cup of ice.

Directions

1. Place all ingredients in a blender and puree until smooth.
2. Drink up!

