

# Fit~N~Fun!

## Let's Explore!

Summer is a great season to plan special outings with your family. Visit local farms, farmers' markets, parks and trails. These are fun places for the whole family.

## Visit a Farm

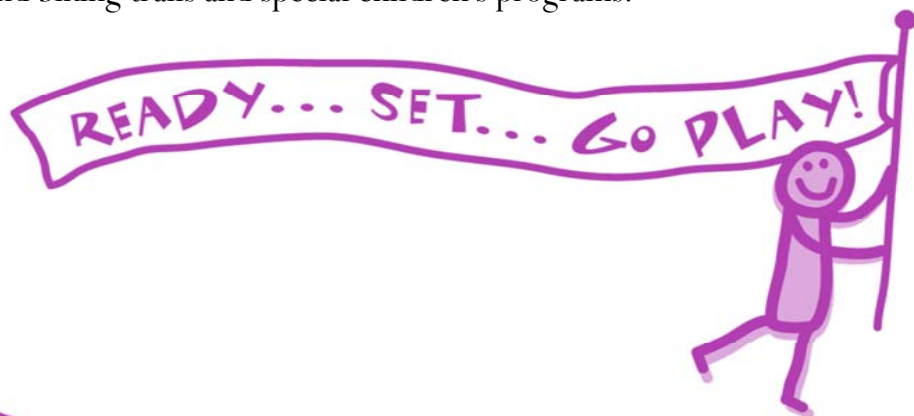
New Hampshire is known for its farms. There are many around the State that welcome visitors. Some farms offer "pick-your-own"—strawberries in early summer, other berries throughout the summer, apples and pumpkins in the fall. Look for ads in your local newspaper and be sure to call ahead to find out their hours and what is available for picking. Locate a farm to visit with your family at the following websites: [www.pickyourown.org/NH.htm](http://www.pickyourown.org/NH.htm) or [www.agriculture.nh.gov/publications/index.htm](http://www.agriculture.nh.gov/publications/index.htm) select "Harvest Your Own Guide".

## Fun at the Farmers' Market

A trip to the farmers' market is fun for the whole family. Use your farmers' market coupons at any authorized market. Look for the blue "Authorized Farmer" sign.

## Parks, Pools, Beaches and Trails

Call your town office or nearby towns to find out about parks and recreation areas for children's play and family activities. Ask about parks, pools, beaches, walking and biking trails and special children's programs.



## Can you stand on one foot?

It's easy to tell when someone doesn't have good balance, but how do you learn balance?

Balance is learned by practice and experience. Children start to learn balance when they are babies and continue to learn balance through the age of 10.

Balance helps children perform certain motor skills better and enjoy movement.

## Balancing Fun

Set up three or four balancing areas for children to move through, practicing their balance at each spot.



**Start with basic balancing, if doing well, then try a different level.**

You can have different balancing activities by balancing on different levels. Balance bean bags or other small objects standing still or moving.

Then have children try balancing on a sturdy large wooden block, low bench or a tire.

*Safety comes first! Make sure to put all equipment on a padded floor mat or rug. Make sure equipment is firmly in place.*

## Follow the leader!

Mom and dad you are your child's best teacher! Help your child go from station to station to practice balance. Try showing them your balance skills!

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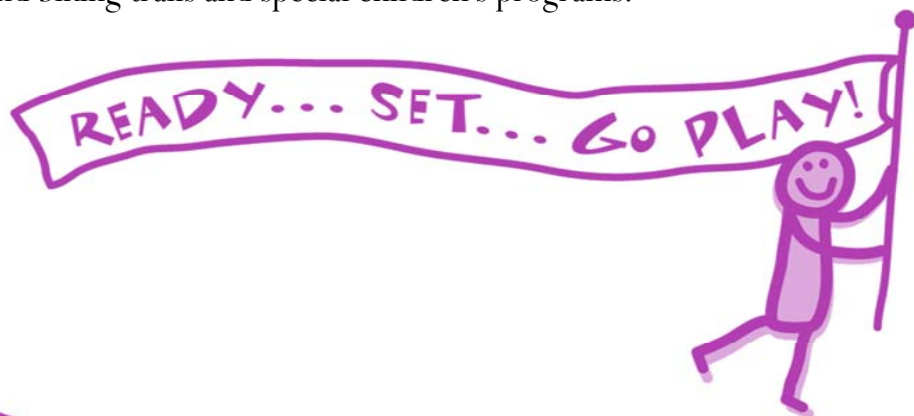
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