

hapitimes



Kids' Health Update Try These Tips for Summer Fun!

You say school has been out for a month now, and the kids are hanging around the house staring at screens of all kinds just a bit too much? It's time to recharge! Try these tips to get your family eating, moving and enjoying the summer in a healthier way.

- Have fun in the sun! Play outdoors during morning and evening hours to avoid heat exhaustion. Don't forget the sunscreen.
- Eat a healthy breakfast every morning, then go for a swim, hike or bike ride.
- Add seasonal produce to your family's meals. Make half of their plates fruit and vegetables.

- Limit screen time on TVs, computers and hand-held devices. Take crafts outdoors. Jump rope or play hopscotch or kickball. Take your kids to a local park or walking path to increase their active time in the summer.

- Help your kids drink plenty of fluids. Choose water or low-fat milk instead of sugary drinks like soda.

— Source: National Institutes of Health

SPF — Know Your Numbers

Diabetes is the condition in which Sunscreens protect your skin by absorbing and/or reflecting UVA and UVB rays. The U.S. Food and Drug Administration requires that all sunscreens contain a Sun Protection Factor (SPF) label. The SPF reveals the relative amount of sunburn protection that a sunscreen can provide an average user (tested on different skin types) when correctly used.

Sunscreens with an SPF of at least 15 are recommended. You should be aware that an SPF of 30 is not twice as protective as an SPF of 15; rather, when properly used, an SPF of 15 protects the skin from 93% of UVB radiation, and an SPF 30 sunscreen provides 97% protection.

Although the SPF ratings found on sunscreen packages apply mainly to UVB rays, many sunscreen manufacturers include ingredients that protect the skin from some UVA rays as well. These "broad-spectrum" sunscreens are highly recommended. UVA rays penetrate deep into the skin and heavily contribute to premature aging. UVB rays mostly affect the surface of the skin and are the primary cause of sunburn.

— Source: U.S. Environmental Protection Agency

A Better Barbecue: Healthier Food & Drinks

Summertime cookouts can be a fun way to celebrate the season with family and friends. With these simple suggestions, you can serve delicious food that just happens to be healthier.

- Instead of beef hamburgers.... make turkey burgers or veggie burgers.
- Instead of hot dogs.... serve chicken sausages.
- Instead of white bread hamburger and hot dog buns.... choose whole wheat buns.
- Instead of potato chips.... serve popcorn.
- Instead of soda....serve seltzer water mixed with 100% fruit juice.
- Instead of ice pops... make your own with 100% fruit juice or serve frozen grapes.
- Instead of making potato salad and coleslaw with mayonnaise.... use plain yogurt.
- Instead of filling the grill—and your plate—with meat, save room for grilled vegetables!

Inside The Landmark

Hapi is excited to be launching a new apartment community—The Landmark. To kick things off, we're offering a program for kids who live at Landmark:

Hapi Summer Camp

When: Tuesdays, Thursdays, Fridays, 9 am to noon; from July 28 to August 7

What: Morning program with education, art, nutrition, fitness, and lots of fun. The theme for this program is "Around the World" and the kids will learn about the culture, music, foods, and traditions of other countries. Healthy snacks will be served

Who: Kids 6-11 who live at Landmark

Where: The Hapi community center in the leasing office

How: Sign up at the leasing office. Space is limited, but there are still slots available for your kids!

hapi meals

healthy, fast & easy recipes

Avocado and Tomato Salad



Summer is the season for ripe and sweet tomatoes.

INGREDIENTS:

- 1 pint grape tomatoes, halved
- 1/2 cup chopped flat-leaf parsley or cilantro, or mixture of both
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/4 white onion, chopped
- 2 avocados, chopped
- 1/4 teaspoon high quality sea salt

INSTRUCTIONS:

Toss together tomatoes, parsley, oil, lemon juice, and onions. Add avocados and salt and toss gently. Chill if not serving immediately.

Recipe from Whole Foods. More at www.wholefoodsmarket.com

Fitness Fact:

When you swim, you use all the major muscle groups in your body.



"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." —Ann Wigmore