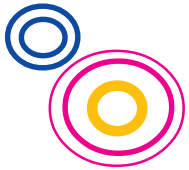


A Summer Full of Activities for  
Families and Communities with the:

## Children's Power Play! Campaign



Did you know that children gain up to twice as much weight during summer? This happens because once the initial excitement of taking a break from school wears off, children often find themselves at home with nothing to do but play video games or watch television. Having family time, doing physical activities, eating colorful fruit and vegetables; they're all part of summer fun!

This Summer, Let's Have Fun Together! The Children's Power Play Campaign has teamed up with active parents and youth organizations. The Network for a Healthy California-Children's Power Play! Campaign is a state-wide health initiative which promotes the eating of 3 to 5 cups of fruits and vegetables per day and getting at least 60 minutes of daily physical activity. At local sites, such as parks and recreation sites, youth leaders have directed the children in high-energy games and recreational activities like hula hooping and dancing. Children were encouraged to set a goal and keep track of their daily hours of physical activity until the end of summer with a provided PLAY! Tracker. Prizes were awarded to sites where kids were active all summer long. To find a local park and recreation site or free/low cost summer camp program, call 2-1-1 or visit [www.211sandiego.org](http://www.211sandiego.org).

From June 22 to August 28 the Summer Fun Café was available for 2- to 18-year-olds at various parks and recreation centers in San Diego. There were no enrollment or paperwork requirements to participate and everybody was welcome to attend. On special BBQ days, youths could participate in playground games!

By encouraging families and communities to work together, the Children's Power Play! Campaign has inspired children and their parents to move together, get out and have fun! For more information on this PLAY! initiative, visit [www.sdnnonline.org](http://www.sdnnonline.org)

Vivian Moon is an intern with the UC San Diego Comprehensive Research Center in Health Disparities (CRCHD) and is majoring in Literature/Writing with a minor in Political Science at UCSD. The CRCHD is a partnership of organizations focusing on community minority health and health disparities research.

