



Big Brothers Big Sisters

BIG BROTHERS BIG SISTERS OF SHELBY AND
DARKE COUNTY, INC.

HEALTH AND FITNESS TIPS OF THE MONTH....

6 Games To Get Kids Moving

You don't always need expensive exercise equipment or a gym membership to burn a few good calories while having a great time with a few of your friends or your kids. Everyone, including adults, will have so much fun that you won't realize you're exercising! Besides getting a workout, you'll all get a wealth of laughs while playing. Enjoy the nice weather outside with a few of these games.

Hot Lava

Kids love this game of imaginary adventure where players pretend they are escaping an active volcano. Randomly place sheets of paper on the floor (you can substitute pillow cases, towels, or any mats). Work your way across the room jumping and leaping from paper to paper, making sure not to touch the "hot lava" (the floor). You will increase your heart rate as you challenge the kids to see who can cross the room first. This game helps kids develop spatial awareness as they learn to control their body tempo and movement.

Hang Ten

Head outdoors with the kids to work on upper-body strength. Give your arms and shoulders a workout by clutching onto tree branches or monkey bars. See who can cling the longest, or count how long you can hang on and try to beat your score next time. Pick branches or bars that aren't too high, so the kids can jump down on their own. If you can do chin-ups, show off your strength and technique.

Crawl Like a Crab

Pretend to be a crab: Walk sideways on your hands and feet with your torso and head facing up. As you and the grandkids crab-crawl around the room, you'll tone your arms and backs. Once you get the hang of it, have a race! To increase the challenge, find out who can crab-crawl the longest, using only one foot, an exercise game that strengthens the backs of the hips and legs.

Walk Like a Spider

Position yourself on all fours, with your head facing the floor. Walk on your hands and on the balls of your feet, keeping your backside up. This exercise builds strength in the body's core area. Pretend you are spiders or prehistoric animals, or just have a funny race around the house.

Stride Like a Giant

Also known as walking lunges, a popular exercise for adults, this activity really works the hamstrings and gluts. Position your hands on your hips and bend your knees as you take a giant step forward. For each step, bring the next foot forward with the knees bent. Play tag, but instead of running, players lunge as they try not to get caught.

Run Wheelbarrow Races

A wheelbarrow race, in which one player "walks" on his hands, while a partner holds his legs, provides multigenerational exercise fun. This classic game offers an upper-body workout for the person "walking" on the ground and challenges the total body strength of the player holding the feet.

ADHD Information is available at:

http://kidshealth.org/teen/diseases_conditions/learning/adhd.html#

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002518/>

<http://www.cdc.gov/ncbddd/adhd/>

<http://www.mayoclinic.com/health/adhd/DS00275>

This concludes the Dan-non Grant year for which we had funding for our Healthy Living for a Lifetime program and newsletter.

Thanks to those who participated in our Duck Derby and 5K, watching, running, selling tickets, etc.! We appreciate your help!

ENJOY YOUR SUMMER!





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**Start Something...
Make a Positive and Lasting Impact!!!**

**We're on the web @
www.bigbrobigsis-shelbydarke.org**



If your employer offers any incentives for volunteers or local grants, please let us know, so we can apply for assistance with funding our programs.

*Be a Friend on
Facebook!*

Upcoming Events...Mark your calendars!!

- July 24-30 - Shelby County Fair - Sidney
- July 27-31 - Annie Oakley Days - Darke Co. Fairgrounds, Greenville
- August 3-4 - BIG Garage Sale - Vets Club, Versailles
- Thursday, Aug. 11, 5:30-7:00pm - Agency Picnic - Earl's Island Pavilion, Lake Loramie State Park
- Sat., Aug. 13, 9am-1pm - Health & Safety Fair - Whirlpool, Greenville
- August 19-27 - Darke County Fair - Greenville
- Mon., Aug. 22, 5pm - Darke County Fair - Free Group Admission
- Sat., Sept. 10, 8:45am-12pm - Bassmasters Fishing Derby - Anna
- Sun., Sept. 11, 12-2:30pm - Applefest Kids Activity Tent - Sidney
- Sun., Sept. 11, 2:30pm - Applefest Parade - Sidney
- Sept. 24-25 - Prairie Days - Shawnee Prairie, Greenville
- Sat., Oct. 22 - Kids Fall Festival - Sidney
- Fri., Nov. 18 - Winter Wonderland Rally & Parade - Sidney
- Sat., Dec. 3 - Christmas of Yesteryear - Sidney
- Sat., Dec. 12 - Community Dinner - Sidney

**Make a BIG impact!!
Recruit a volunteer to-
day! It only takes a few
hours two times a month
to impact the life of a
child!!
Volunteer today!**

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RSVP for all events to 547-9622 or 492-7611