



Northern Arizona Healthcare  
Children's Health Center

# Inspire Newsletter

Summer 2024

Summer is here, and it's the perfect time to get outdoors!  
What are your plans? How can you set yourself up to feel great?  
Read on to learn more.

## SELF-CARE OUTSIDE



Fun fact: Being outdoors does wonders for your mental health. Studies have shown that being out in nature reduces cortisol (the hormone that's released when you feel stressed out), lowers your heart rate and reduces muscle tension. Try to find time to get outside and focus on your senses: identify five things you can see, four things you can feel, three things you can hear and two things you can smell.

## KEEP YOUR MOMENTUM: TRY MEAL TIMING



The freedom of summer break is calling! We often overlook the benefit of school's rigid schedule with breakfast at 7:30 a.m., lunch at noon, and so on. A great way to kick off your summer is by being consistent, even with food. A structured eating schedule helps prevent true physiological hunger cues, which can help limit grazing and overeating.

This summer, **try scheduling your meals like you would on a school day**. Work as a family to keep meals separated by three-to-four hours and try to eat snacks that include both produce and a protein. Give it a try and tell me how it goes at your next Registered Dietitian appointment!

- Jillian Peart, RD MPH

**For appointments or questions, please contact Meghan in the Inspire office:**

Phone: 928-214-3537

Address: 5130 N. Highway 89, Flagstaff, AZ 86004

## COACH LAURA'S PICKS: FIND FUN OUTDOORS

Summer means more time to move your body! Here are some fun ideas:

1. **Create an obstacle course:** How about a cone relay like we do in the gym? Instead of orange cones use plastic cups or bowls. Find a broom to jump over side to side, squat toss a ball to a partner or toss clothes pins into a bucket. I can't wait to hear what you came up with!
2. **Start your own garden:** It's so fun to plant, water, watch it grow and, of course, eat!
3. **Dance party:** Crank up the music and dance it out! Quirky dance moves are strongly suggested.
4. **Build a fort:** Try using dead branches and pine needles outside or blankets and chairs inside!
5. **Hide and seek:** Always make sure this is done in a safe area and tell adults where you'll be. Find a few friends or family members and see who can be the sneakiest!
6. **Scavenger hunt:** Ask a friend or family member to make a list of items to search around the house or even outside. Check each item off your list as you discover them.
7. **Outdoor bowling:** Fill up water bottles and grab a ball to knock them down. Make it a competition with friends or family.
8. **Water fight:** On hot days, this is a must. Grab a hose, squirt gun, water balloons, cups or bowls filled with water and race to soak a willing friend!



Whatever you choose to do this summer, make it fun! When we get off our screens, creativity starts flowing and our bodies get moving!

- Laura Beecroft, Exercise Specialist

## 2024 MACHINE SOLUTIONS RUN AND WALK FOR KIDS REGISTRATION NOW OPEN



### Join us Saturday, Aug. 3:

- Proceeds benefit the Children's Health Center
- Participate at Fort Tuthill in Flagstaff or virtually
- **Inspire participants and their families can sign up for FREE!** Scan the QR code and enter code "Inspire" at check-out.



We can't wait to see you at your next appointment - have a great summer!