

# JULY KIDSHAPE NEWS



Volume 1, Issue 6

July 2009

## Inspirational Quote

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy."

Martin Luther King, Jr

## Physical Activity Game of the Month — Frisbee Games

**Equipment needed:** Frisbee, hoops

**Target Frisbee:** place hoops scattered on the floor and have each person throw the Frisbee in any hoop and then run to retrieve it.

**Frisbee Catch:** Partners face each other and alternate throwing the Frisbee back and forth. Begin close together and take a giant step back after each successful catch.

**Frisbee Monkey in the Middle:**

Have one person (the Monkey) stand in between two other people. The outside people throw the Frisbee back and forth trying to avoid letting the Monkey catch it. If the Monkey catches the Frisbee, he switches places with the person who threw it and that person becomes the Monkey.



## Nutrition Tip

Water is your best bet for staying hydrated when it's hot outside. Juices, lemonade and sweet iced tea can have as many grams of sugar and calories as soda. If flavored beverages are a must, look for flavored waters with zero calories or make your own by adding lemon, strawberries or kiwi to a pitcher filled with ice water.

## KidShape Graduate Recipe Corner — Surprisingly Delicious Lima Bean Soup

**Ingredients:**

16 oz bag of medium lima beans  
1 piece of smoked turkey  
Lowry's season salt, to taste  
Pepper, to taste  
2 quarts water  
1/4 cup tomato sauce

Combine all ingredients except for tomato sauce. Bring to a boil. Reduce heat. Let simmer, covered 4-6 hours. 30 minutes before serving add tomato sauce. Makes 8 servings.

Submitted by  
Kelsie Cherry

