June is Dairy Month

This month’s family activity allowed you to see just how active you have been over the past year. Hopefully you have increased your activity this year to reach at least 60 minutes on most days of the week. This month, your club can do a community activity that rewards you for all of your hard work over the past year.

June is Dairy Month, which means that your club might want to use a dairy treat to reward your members for being active. Ask a local ice cream shop if they would like to sponsor an Ice Cream Celebration Day for your members. In order for each member to receive a free scoop of ice cream, they must present at least one month’s calendar in which they got at least 60 minutes of physical activity everyday to the ice cream shop.

Ice cream is one of the more caloric dairy sources, but if it’s eaten in moderation, and with at least 30 minutes of physical activity for the day, most people should be able to include it occasionally. A 1/2 cup of regular vanilla ice cream is 133 calories. It would take 30 minutes of brisk walking to burn about 150 calories. This means that you can take a 30 minute walk before your trip to the ice cream shop, or you can even walk to the shop, to balance out your caloric intake.

Enjoy your treat and remember summer is a great time for you to continue being active every day! Try to get 60 minutes of physical activity each day throughout the summer months.

Source: (www.fds.gov; www.mayoclinic.com)