

## **Power Up Your Summer With Play!**

To help kids beat the summer slump, the *Network for a Healthy California—Children's Power Play! Campaign* in partnership with community youth organizations across the state is launching the second annual "Power Up Your Summer!" Challenge to empower kids to add more active play and eat healthier this summer.

Eating more fruits and vegetables not only beats the "summer slump" and childhood obesity, but helps kids feel good, reduce stress, improve strength and increase self-esteem—all benefits that last far beyond the summer break.

As part of the "Power Up Your Summer!" Challenge, the *Network* will give kids and families resources, tools and guidance to make sure they meet their personal goals for healthy eating and physical activity this summer.

Youth organizations throughout the Central Valley area will kick off the "Power Up Your Summer!" Challenge during "PLAY! Week" June 21-25. Kids are invited to join super-charged, fun group games and personal play activities, such as hula-hoop, jump rope and dancing to jump start an active summer.

To find out how you can be part of the "Power Up Your Summer!" Challenge in the Central Valley, contact Melissa Murphy at [mmurphy@cvhnclinics.org](mailto:mmurphy@cvhnclinics.org) or call 559-255-4300.

For a complete list of participating community youth organizations, please call Melissa Murphy at 559-255-4300.