



Be Active Kids is an innovative, interactive health program for children ages birth to five, available to adults working in childcare centers, child care homes and schools across North Carolina.

Find out more information at [www.beactivekids.org](http://www.beactivekids.org)



Glide loves to get children, families, and providers moving more. Check out his post on ways to be more physical active.

Warmer weather is on the way and Glide loves to see kids and families playing and having fun. Here are Be Active Kids "Five Tips to Get Families Moving More". (Printable one-pager available for [download](#))



Make active play fun for the entire family

- *Make moving a priority*
- *Get moving on a budget*
- *Be Active inside and outside*
- *Get active with other families*

Make physical activity a part of your everyday routine by utilizing the American Heart Association's ["30 tips to get you and your family more active"](#)



Just like most dogs, Dart love to eat, but don't we all. Check out his dish on nutrition and healthy eating as he gives tips for healthy eating and one of his favorite kid friendly

recipes. How do we know if a food is good for us? How do know how to eat right? Well, it isn't easy but foods can be put into categories: "Go" Foods, "Slow" foods, and "Whoa" Foods. "Go" foods are foods that you can eat almost any time. "Slow" foods are foods that you can have a few times a week and Whoa foods are foods that are once-in while foods. Foods that you can eat anytime include veggies, fruits, whole grains, reduced fat dairy products, and lean meats. Foods such as dried fruits and juices, white breads and pastas, low-fat snacks and sweets, as well as low fat condiments and spreads. Finally, be aware of the "Whoa" foods such as whole milk products, baked goods, canned in heavy syrup fruits, and anything fried. By learning to use "Go", "Slow", "Whoa", you'll always have an easy way to think about food and eating healthier.

To learn more about choosing healthy foods, visit the [National Institute of Health](http://www.nationalinstituteofhealth.gov). Check out their kid friendly recipes while you are there, like the Strawberry Banana Yogurt Parfait, on of Dart's favorite!

# Swing's Tool Box



Swing near and far to find great resources and tools to share to improve health and well-being. Check out the [Sunbeatables](#), a preschool Sun Safety Curriculum that Swing has found to help you be sun safe while you are playing outdoors.

We all know that outdoor play is beneficial to children as well as providers. We also know that spending time outdoors in the fresh air, natural elements, and warm sunlight has many benefits. Thought some sunlight provides are body with need nutrients, too much of the sun's rays can cause damage to your skin, eyes, and other components of health. For these reasons and others, The University of Texas and MD Anderson Cancer Center created the evidence based Ray and the [Sunbeatables](#) was created.

The [Sunbeatables](#) Curriculum offers a free online training and all needed materials that can be accessed online for anyone working with preschoolers, kindergartners, and first grade students. [To learn more check out Ray and the Sunbeatables!](#)



The Be Active with Blue campaign ([#beactiveblue](#)) is a multifaceted marketing and communication project aimed to improve positive health behaviors and practices of parents, providers, teachers, and children! Visit our website, [www.beactivekids.org](http://www.beactivekids.org) to find out more!

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