

5 Tips for Keeping the Kids Healthy this Spring Break

Many primary and secondary schools in the southeast let out for spring break over the next couple of weeks. For many kids, this means an entire week of sleeping in, relaxing, and perhaps sitting in front of a TV or computer screen all day. Here are five tips to ensure that the kids have a fun, relaxing spring break while also staying healthy.

Bring them with you to the gym.

Going to the gym today? Bring the kids with you! There are endless activities for all ages at most gyms, including swimming, basketball, running or walking the track, and even weight lifting for the teens. Show the kids that break can be fun regardless of travel plans. [The CDC](#) recommends staying active for at least 2½ hours every week.

Be prepared with sunscreen.

The weather outside may determine the amount of time spent outdoors. On days with wonderful weather, make sure everyone applies plenty of sunscreen. Reapply the sunscreen every few hours to ensure maximum protection.

Watch the snacks.

Snacks can be a great way to curb an appetite between meals. However, excessive snacking may harm health long-term. The [U.S. Department of Agriculture](#) reported that more than a quarter of kid's daily caloric intake comes from snacking, which is why it is important to snack smart. The USDA recommends that snacks be a grain product containing at least 50 percent whole grains, fruits, vegetables, dairy products and protein foods. The most filling snacks combine two or more of these categories.

Gear up.

Do your kids like to skate or ride bikes? These are both great activities! To ensure that the kids are having fun and being safe, provide them with proper helmets and other protective gear before allowing them to ride. Helmets may seem uncool, but they beat having a cracked skull.

Stay hydrated.

We already know that staying active is an important aspect in maintaining a healthy lifestyle. With hard work and fun also comes the need to stay hydrated. Make sure the kids are drinking enough liquids. Focus on drinking at least 2 liters per day, not including soda intake. The best way to stay hydrated is to drink throughout the day, even while resting.

*Whether you are looking for a primary care doctor or a pediatrician, an ObGyn or another medical specialist, **SouthCoast Health** has you covered with its wide range of world-class healthcare services, available throughout the Coastal Empire and Lowcountry. SouthCoast Health has 120 physicians and medical professionals in 18 locations in Savannah, Richmond Hill, Pooler, Rincon, Baxley, Bluffton, Hilton Head, and Hinesville. SouthCoast Health offers comprehensive medical services including: Family Medicine, Internal Medicine, Obstetrics & Gynecology, Pediatrics, Allergy and Immunity, Cardiology, Eye Care, Imaging, Infectious Diseases, Nephrology, Neurology, Physical Therapy, Podiatry, Pulmonology, Sleep Medicine, Surgery, Clinical Trial Research Studies, Diabetic Self-Management Training Sessions, Dietetic Counseling, High Risk Breast Cancer Clinic, Laboratory Services, Massage Therapy, Optical Shop, Pharmacy, and Urgent Care.*