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master the PLAY DAY

Summer is coming. What to do with the kiddos that gets them moving and offers fresh air for all? These pros will sharpen your planning game. By Molly Longman

DIY A FIELD DAY
Foster friendly competition by rounding up pals at a local field or track, says mom and Xtend Barre founder Andrea Rogers. “We wear team colors, bring a baton for passing, and cheer for one another as we take turns running, skipping, and leaping our way to the finish line.”

GREEN BOWLING, ANYONE?
Turn empty plastic bottles into bowling pins by filling them with water and hitting the backyard with a kickball, says Scarlet Poolich, the founder of Family Focus Blog. Or get a cheap set (like Little Tikes Clearly Sports Bowling set, $16, walmart.com) to have on hand.

FAKE A WATER PARK
“Incorporate water balloon tosses, sprinklers, spray hoses, and a Slip ‘N Slide,” says psychologist Roseanne Lesock, Ph.D., the director of the child psychology clinic at Nova Southeastern University in Florida. “The kids get to take in summer and be active without overheating.”

GO SCAVENGING
Download booklets for hunts in national parks near you from nps.gov, and let the kids explore, says Brian Thomas, the director of the Willard InterContinental hotel, located in Washington, D.C. “Kids can turn the completed booklet in to any park ranger for a badge.”

KEEP THEIR EYES ON THE PRIZE
At the beginning of summer, sign your kid up for a 5K or a similar race, then take them to the track to train, says Cass Bernstein, a mom and two in Arlington, Virginia. “Set little targets at first, like a lap or two. You will teach them about goals while you get in your laps.”

HAVE A MOVABLE FEAST
Traveling to a new city? Take your child to a farmers market, and put together a picnic to take to a beach, a park, or another destination that's a hike away. “The kids will learn about culture through cuisine and work up a sweat,” says Julio Pirung, the founder of JetSet World Travel.