

SHAPE

the
**DELICIOUS
WAY TO
HYDRATE**

Dakota FANNING

What makes
her feel strong

**NURTURE
EVERY
INCH OF
YOUR
SKIN**

CELEBRATE
YOUR
boody

It's more powerful than you know

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*



AWAY WE GO!
Sun's out, fun's out—so make some mini action plans that let kids play happy.

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 Paolicchi, 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 Lesack, 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 Thomasson, the kids concierge at 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 of 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 Julia Pirrung, the founder of JetSet World Travel.