

Play isn't Just for Kids!



Tips on How to Play with Your Kids

- Let your child take the lead
- Dance – Friday night dance party before dinner.
- Be silly with your kids.
- Sing a song with your child while you are cleaning, driving in the car, or putting them to bed.
- Sing a song and let them fill in a word. “Twinkle Twinkle Little _____”.
- Get involved in a craft project together.

How is Play Good for Kids ?

Play strengthens bones, muscles, lungs, the heart and can help reduce obesity, diabetes, and high cholesterol.

Play is also important for emotional, mental, and social development. Children learn how to work in a community through play.

<https://www.mayoclinichealthsystem.org/>
(Benefits of play for kids)

How is Play Good for Adults ?

- Relieves stress.
 - Improves brain function.
 - Boosts creativity
 - Improves connections with others.
 - Keeps you feeling young and energetic.
 - Take time to deep breath and smile 😊
- (daringtolivefully.com)

10 Ways to Have More Fun and Play More as Adults

1. Set the Goal of Playing More.
2. Decide What Fun Means For You.
3. Set a Fun Minimum.
4. Put Fun In Your Schedule.
5. Create a Play Drawer.
6. Combine Fun with Other Activities.
7. Have More Fun at Work.
8. Have Play-Dates with Your Significant Other.
9. Befriend a Fun Person.
10. Hang Out with a Kid.

[Adults Need Play - 10 Ways to Have More Fun and Play More As Adults](https://daringtolivefully.com/)
(daringtolivefully.com)

Group Visits

At South Broadway Clinic

- **Tuesday, July 4th**- Holiday
- **Thursday, July 6th** at 5:30pm
Topic: **Informational Session**
- **Tuesday, July 11th** at 10am
Topic: **BLFC Evaluation**
- **Thursday, July 13th** at 5:30pm
Topic: **Make Exercise Fun**
- **Tuesday, July 18th** at 10am
Topic: **Meal Prepping for Dinner**
- **Thursday, July 20th** at 5:30pm
Topic: **Meal Prepping for Dinner**
- **Tuesday, July 25th** at 10am
Topic: **Microbiome/Built Immunity**

Lifestyle Events Around Town

- **First Friday Fractals**
Museum of Natural History and Science
1801 Mountain Rd NW
505-841-2800
Time: 6,7,8, and 9pm showings
Adult \$10
Seniors and 13-17yrs \$10
3-10yrs \$5
<https://nmnaturalhistory.org/events/first-friday-fractals>
- **Adult Coloring Night**
Every Tuesday 4 -8 pm
Pureland Kava and Tea Bar
915 Yale Blvd. S.E.
<https://purelandkava.com/hours-%26-special-events>

Have Questions?

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