



## SPOTLIGHT

### Let's Move: Helping Kids Exercise

Summer is a time for fun — but it also may cause some youth to fall into unhealthy habits that contribute to childhood obesity. Part of the [Let's Move](#) initiative encourages adults to get involved and make a commitment to help youth become physically fit and reap the rewards of exercise. [Visit the Let's Move physical activity page](#) to learn more, and [read stories of service about exercise](#) to get motivated. Join thousands of people across the country in the enjoyable and rewarding experience of improving kids' physical fitness.



### July Is Park and Recreation Month

Each July, the [National Recreation and Park Association](#) (NRPA) encourages recreation facilities and parks across the country to kick-off summer programs, promote outdoor physical recreation, and pull together volunteers to make their outdoor space a thriving center of community activity.



NRPA suggests that we “get outside, pack a picnic, play on a playground, compete in a sport, and enjoy the sunshine!” Spending the day at the park can reduce stress, improve cardiovascular health, help ward off obesity,

## RESOURCES

### Spend This Summer in the Great Outdoors

Need ideas for what to do with the kids and families who come to parks or playgrounds in your area this summer? Want to plan events and initiatives that remind local decision makers and the community of the exciting and vital role that parks and recreation play in the lives of Americans? The following resources can help!



#### Lending Library

- [Get Out!: 150 Easy Ways for Kids and Grown-Ups to Get Into Nature and Build a Greener Future](#)
- [Promoting Healthy Youth: Strategies for Recreation and Community Services Partnerships](#)
- [Outrageous Outdoor Games Book](#)
- [Ready-to-Use Activities for Before and After School Programs](#)
- [Kids' Nature Book](#)

#### Effective Practices

- [Preserving and enhancing trails with a community-based organization](#)
- [Using California State Parks as a service-learning resource](#)
- [Performing environmental stewardship at an historic ranch](#)
- [Restoring valley oak riparian forests with a service-learning project](#)
- [Establishing an outdoor-based mentoring program](#)

#### Websites

## ANNOUNCEMENTS

### Win a \$23,000 Playground Upgrade



Your local park or playground could win an "Imagination Playground in a Box" set. To get started, [find](#)

[your favorite playground](#) and click on the "Become a fan" button. If you can't find a specific playground, [add it to the list](#). Earn points for your playground by taking simple actions like uploading photos. For more details, read the [contest guide](#) or the [complete rules](#). All nominations due by **August 20, 2010**.



### Strong Communities: Engaging Citizens, Strengthening Place, Inspiring Change

This competition seeks innovative projects and ideas that engage citizens to steer change and build strong communities. Three winners will receive \$5,000, and eight finalists will get to attend the Community Matters 2010 Conference. Final deadline is **August 11, 2010**. [Download the entry form](#) or [find out more about the competition](#).

### Heads Up: Peace Child's "Be the Change!" Initiative

and decrease feelings of depression. Playing in parks also helps children build healthy bones and muscles, improve self-esteem, and avoid at-risk behavior. [Find forests and parks near you](#) or [find a local playground](#).

- [National Park Service](#)
- [National Parks Conservation Association](#)
- [National Recreation and Park Association](#)

"Be the Change!" is a youth-led sustainable development action program that gives small grants to young people running their own community development projects. Peace Child publishes an invitation for applications about twice a year. They anticipate their next call for **July 21, 2010**, so [watch this space for more information](#).

## Technology Corner

### *Simple tech tip:*

To capture a screen shot of your desktop, press the **Print [prnt] Screen** button on your keyboard, then in a Word document select **Edit -> Paste**. *Hint: Hold down the Alt key then press print screen to capture only the active desktop window.*

## Connect and Share



Connecting with the service community through social media tools can be beneficial – and fun! [Visit our Connect page](#) to participate or to learn more about social media and social networking in general.

## Calendar of Events

Stay involved — [use our calendar](#) to find service-related events, including conferences, trainings, workshops, and webinars. Post your own event with the online submission form, or search all events by date, location, or stream of service.

## ABOUT THE RESOURCE CENTER

The Resource Center is a training and technical assistance provider funded by the [Corporation for National and Community Service](#) to support volunteer and service programs across the nation. Visit us today to search, browse, download, order, and borrow from among thousands of specialized resources. Click here to [subscribe](#) to this e-newsletter. To [unsubscribe](#), send an e-mail to [lyris@lists.etr.org](mailto:lyris@lists.etr.org) with **unsubscribe nsrcnews** in the body of the message.