



BlueCross BlueShield
of Texas

26.2 Crazy Kool Things to do This Summer!

- 1 Start your training for Marathon Kids 2011-12! Run and walk a little bit each day. Drink water!
- 2 Take a hike in the Aguirre Spring Campground - try the Pine Tree Trail 4-mile loop! \$3/car for the day
- 3 Explore petroglyphs and ancient rock art at Three Rivers Petroglyph Site(\$2/car). Wear a hat and sunscreen!
- 4 Make your own "trail mix" - mix together whole grain cereal, dried fruit & nuts.
- 5 Have a picnic dinner in your backyard! Pack colorful fruits and veggies in your picnic basket!
- 6 Take a dip in the pool! El Paso Parks and Rec pool list - <http://www.elpasotexas.gov/parks/aquatics.asp>
- 7 Wake up to your favorite song! Then, dance around your house to get your summer day started!
- 8 Pour your favorite 100% fruit juice into a paper cup. Just add a stick, and freeze...healthy popsicles!
- 9 Enjoy Sunday nights with "Music Under the Stars"! FREE at Chamizal Ntl. Memorial, June-Aug, 7:30-9:30pm
- 10 Spend the day at the Wilderness Park Museum. FREE Admission to exhibits and nature trail. 4301 Transmountain Road
- 11 Check out the Las Cruces Farmers & Crafts Market for some healthy fruits and veggies!
- 12 Take your dog for a walk! Don't have a dog? Offer to walk your neighbor's dog for them!
- 13 Have a blast at the children's carnival at the Downtown Street Festival on the 4th of July!
- 14 Ask Mom and Dad to throw fruits and veggies on the BBQ tonight! Pineapple, mushrooms, corn! YUM!
- 15 Jump rope! See how many jumps you can do without touching the jump rope!
- 16 Hike up to the Aztec Caves in Franklin Mountain State Park, 1.5 mile loop. \$4/ person admission
- 17 Head to the Sunland Park Racetrack on June 19th for the Big Daddy Car Show - a Father's Day tradition!
- 18 Take a walk around the block with your family after dinner instead of watching TV.
- 19 Get out of the heat and spend an afternoon at Insights Science Museum. 505 N Santa Fe St.
- 20 Visit the sea lions at the El Paso Zoo! World Ocean Day is June 4-5. \$5/adults, \$3/children 3-12.
- 21 Check out the Downtown Street Festival on July 1 & 2. Music, fireworks, kids carnival, and more!
- 22 Use two fruits you've never tried in a summer fruit salad!
- 23 Spend Saturday morning (9am-Noon) learning from pros at the Home Depot Kids' Workshops. 11360 Rojas Dr.
- 24 Make a water piñata! Fill a 10-gallon trash bag with water, tie it tight, hang from a tree, and have fun!
- 25 Check out Fiesta de las Flores from September 2-4.
- 26 Create an obstacle course in your backyard! Invite your friends over to race!
- 26.2 Enjoy live music at Alfresco Fridays in downtown El Paso. 5:30-7:30pm in the Arts Festival Plaza.

Parents and Teachers: Join our e-mail list and Facebook!
www.MarathonKids.org www.facebook.com/MarathonKids