

Summer Adventures Arctic

Brrring on the summer heat with some ice-cold

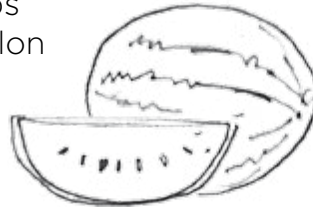
Watermelon Icebergs!



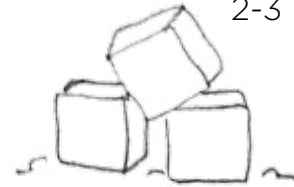
SERVES
3 slushes

INGREDIENTS

1 1/2 cups
watermelon



2-3 ice cubes



INSTRUCTIONS

Waddle around the kitchen for 3 laps.

1. Done waddling? Now, cut up some watermelon into chunks!
2. Place the watermelon in a blender and purée away! Then, pour it into a shallow, freezer-safe dish.
3. Blend up your ice cubes, then mix them in with the puréed watermelon.
4. Put the dish in the freezer for 20 minutes. After that, scrape the ice with a spoon, and freeze for another 20 minutes!
5. Serve at your desired level of slushiness!

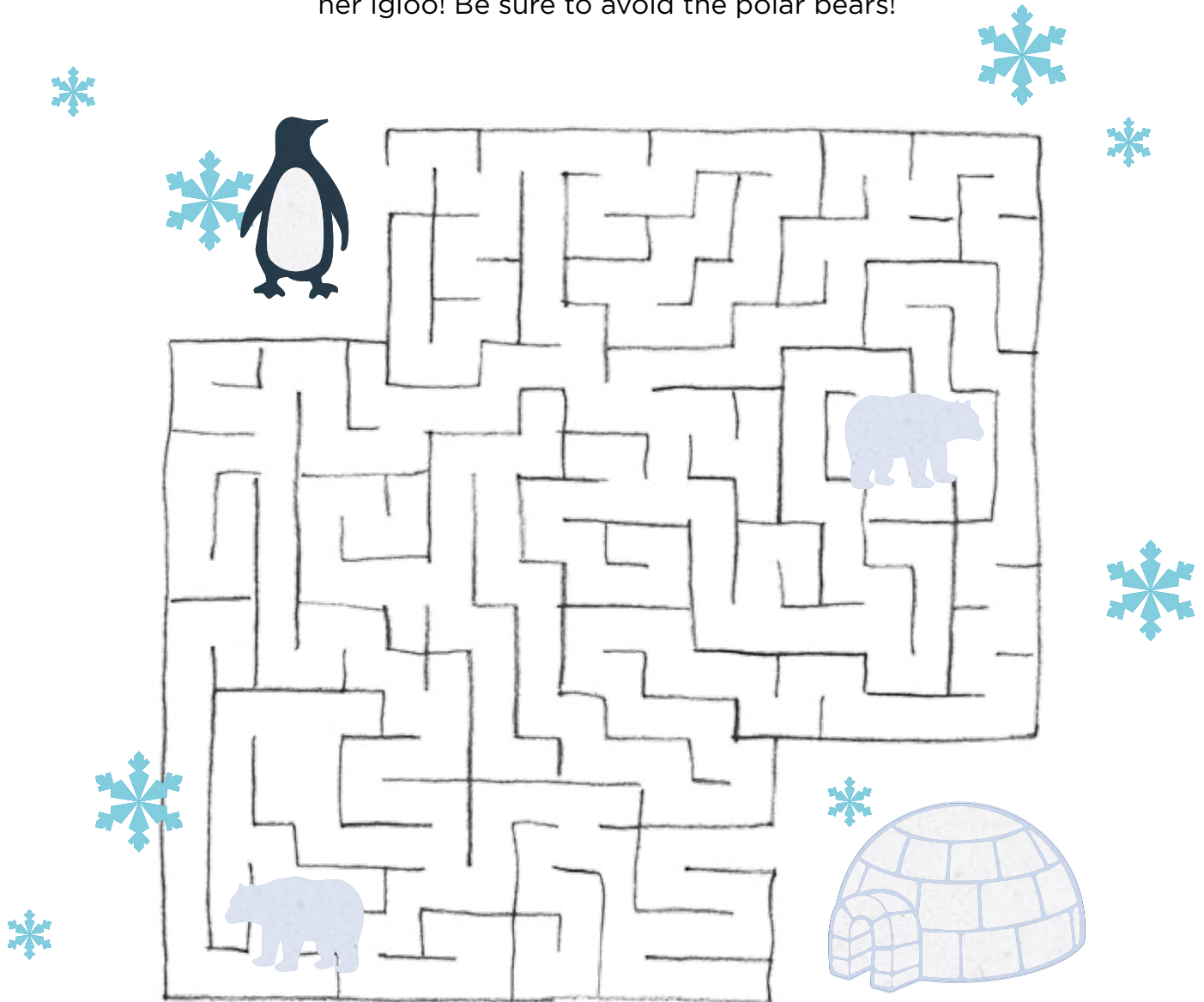
DON'T FORGET TO GET 60!

Instead of chillin' inside all day long, head out and play a game of freeze tag!
Your kids will be the polar opposite of unhealthy when they move
for 60 minutes every day.

For more healthy summer adventures, waddle over to

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Help Penny the Penguin get 60 minutes of physical activity by showing her the way to her igloo! Be sure to avoid the polar bears!



When you finish, waddle your way outside and get 60 minutes of your own physical activity!
Find activity ideas at