JOIN THE KEYS FOR FAMILY FITNESS WEEKEND

Baseball season is here and Frederick County students very recently had the chance to receive a FREE ticket to see the Keys on upcoming Family Fitness Weekend, June 3rd through 5th. The annual promotion is an effort to get elementary students to participate in the Family Fitness Challenge. The goal is for families to exercise together (for at least 60 minutes) every day for one week. The designated week was May 1-7, also National Screen-Free Week. Decreasing screen time and replacing it with physical activity is a fun way to improve the health of every member of the family.

According to Jamie Hitchner, Elementary Curriculum Specialist for Health and Physical Education, for Frederick County Public Schools (FCPS), “Being physically active is one of the most important steps that people of all ages can take to improve their health. Studies show that proper sleep, diet, and exercise are fundamental in producing concentrated and focused study habits. Exercising with your family is one of the KEYS TO SUCCESS in becoming a highly productive person – whether you are a student in school or an adult in the workplace.”

FCPS and the Frederick Keys feel strongly that improving the health of Frederick County children begins at home and in the community with role models who not only make these healthy habits an essential part of everyday living but also put them into practice in the pursuit of a better quality of life! Students will be honored on-field prior to the game in a pre-game student parade. Any student whose family also participated in the Challenge has been entered into a drawing to win a chance at throwing out the first pitch.

The Keys will be playing the Carolina Mud Cats. Here are events taking place at each game:

Friday, June 3 – Pregame parade 6:30PM, Game starts 7:00 PM, t-shirt giveaway to first 1,000 kids, and Fireworks after the game.

Saturday, June 4 - Pregame parade 5:30PM, Game starts 6:00 PM, and Fireworks after the game.

Sunday, June 5 - Pregame parade 11:30 AM, Game starts 2:00 PM, Post-game 1K Fun Run with water bottle giveaway to first 500 finishers.

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Here is Jamie’s favorite recipe for dinner before the game!

**SPINACH & STRAWBERRY SALAD WITH POPPY SEED DRESSING**  
*Serves 4 to 6 as a side salad*

1 pint strawberries  
1/2 cup almonds, regular or smoked  
4 ounces goat cheese, crumbled  
8 ounces baby spinach  
1/4 cup poppy seed salad dressing, store-bought or homemade

Wash and slice strawberries. Chop almonds into smaller pieces. Wash spinach and place in salad spinner to remove moisture or use spinach that has already been washed. Place spinach, strawberries, almonds, and goat cheese into large mixing bowl. Right before serving add salad dressing and toss well.

*Easy Poppy Seed Dressing*  
1/2 cup salad dressing or mayonnaise (light)  
1/4 cup milk  
1/4 cup white sugar  
1/8 cup white vinegar  
1 tablespoon poppy seeds

In a small bowl, whisk together salad dressing, milk, white sugar, vinegar, and poppy seeds. Chill until ready to use.  
**NOTE:** Recipe can be cut in half.

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