



Being Active in the Summer

Did You Know?

Eating fresh fruits and vegetables can help to keep your body nourished and hydrated during summer months. Try making a fruit salad or smoothie!

During summer, the opportunities to be active are endless. Take advantage of the longer daylight hours and find ways to be active in the morning, afternoon *and* evening. Whether it's a simple game of Frisbee or mowing the lawn, warmer weather can be a perfect opportunity to get outdoors and play.

Ways to stay active and beat the heat:

Feeling too hot to be active? There are a number of ways to get moving and stay cool with water. Try one of these fun summer ideas:

- Paddle Boarding
- Water aerobics
- Kayaking
- Swimming
- Washing the car

Or, if it is too hot in the middle of the day to be active, get outside during the morning or evening, or try an indoor activity.

- Morning bike ride
- Evening walk
- Indoor racquetball
- Flashlight tag
- Water aerobics or water volleyball

Make the most of the summer months by staying active. Explore hiking and walking trails in your area, go camping, fishing, or play Frisbee golf!

Tips for staying safe and healthy in the summer:

Take safety precautions being active outdoors in the summer. Make sure to stay hydrated, and avoid high intensity activities between the hours of noon and 3 pm. It is important to use sunscreen, wear light, breathable clothing, and stay in the shade as much as possible.

