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.