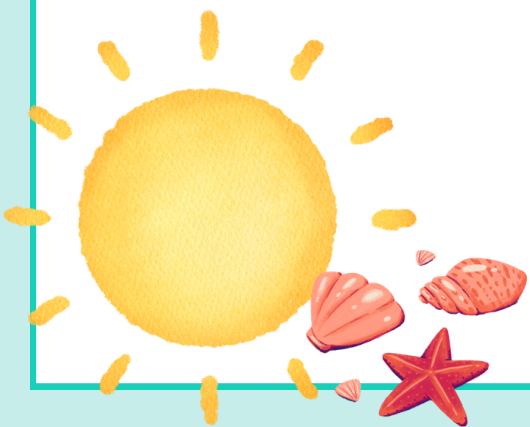


# HEALTHY SUMMER BUCKET LIST ✨

HAVE A HAPPY, HEALTHY SUMMER!

- Make your own popsicles
  - Take a swim
  - Healthy charcuterie picnic
  - Try pickleball
  - Hike a new trail
  - Try a new food at a farmers market
  - Read a book in the sunshine
  - Take a golden hour photo walk
  - Perform a random act of kindness
  - Visit a new park
  - Try outdoor yoga
  - add your own!
  - add your own!
- Start a gratitude list
  - Take a nap in a hammock
  - Visit the zoo
  - Take a walk on the beach
  - Make Greek yogurt ice cream
  - Infuse your water
  - Go on a bike ride
  - Spend one day screen-free
  - Send a postcard to a friend
  - Enjoy a bonfire
  - Fly a kite
  - add your own!
  - add your own!





# HYDRATION CHALLENGE

My Daily Goal:

Calculate your goal: Drink about  $\frac{1}{2}$  to  $\frac{2}{3}$  of your body weight in ounces

EXAMPLE 150 lb  $\rightarrow$  75-100 oz

**SUNDAY**



Total:

**MONDAY**



Total:

**TUESDAY**



Total:

**WEDNESDAY**



Total:

**THURSDAY**



Total:

**FRIDAY**



Total:

**SATURDAY**



Total:

# HEALTHY SUMMER TIPS ✨

HAVE A HAPPY, HEALTHY SUMMER!



## HYDRATE, FEEL GREAT

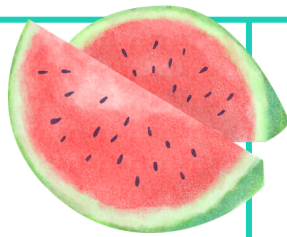
Staying hydrated helps regulate body temperature, support energy levels, and keep your brain and muscles functioning properly.



## BE SUN SMART

Daily SPF helps protect your skin from sun damage, premature aging, and skin cancer caused by UV rays.

## ENJOY THE RAINBOW



Try foods like watermelon, berries, cucumbers, and leafy greens to help support hydration and energy levels.

## TAKE BREAKS AND RECHARGE

High temperatures can increase the risk of dehydration and heat exhaustion, so take breaks in the shade and cool down when needed.



## TAKE THE FUN OUTDOORS

Walking, biking, hiking, or swimming are fun ways to improve heart health, reduce stress, and soak up fresh air.



## KEEP THE BUGS AT BAY

Using insect repellent and checking for ticks after outdoor adventures can help prevent bites and reduce the risk of illness.



## BEAT THE HEAT

Dizziness, nausea, headaches, and excessive sweating can be warning signs that your body needs water, rest, and shade.