



Parents...Splash into a Healthy Summer with These Ideas!

Tips for Healthy Family Summer Fun

Have fun in the sun! Play outdoors during morning and evening hours to avoid heat exhaustion. Don't forget the sunscreen.

Eat breakfast every morning to charge up your family. Then go for a swim, hike, or bike ride.

Add seasonal produce to your family's meals. Make half of their plates fruit and vegetables.

Limit screen time on TVs, computers, and hand-held devices. Take crafts outdoors. Jump rope or play hopscotch or kickball.

Take your kids to a local park or walking path to increase their active time in the summer.

Help your kids drink plenty of fluids. Choose water or low-fat milk instead of sugary drinks like soda.

You can help your family have fun and be healthy this summer.



For more information, please contact the **WEIGHT-CONTROL INFORMATION NETWORK (WIN)**
Toll-free: 1.877.946.4627 | Email: WIN@info.niddk.nih.gov | Internet: <http://www.win.niddk.nih.gov>

