

5 HEALTHY SUMMER ACTIVITIES

1 Play kickball



Kickball is a fun sport that's easy to learn, and you can adjust the rules so that even the youngest member of your family can join in.

2 Family Bike Ride



Bicycling is a healthy activity and is a great way to get out of the house and get some fresh air.

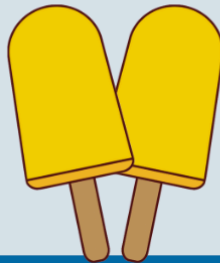
3 Take a Day Trip



A road trip to a nearby town could be a much-needed change of scenery.

Don't forget, you can access your 24/7 telemedicine service, if needed, while you're on the road.

4 Make Popsicles



Popsicles are an easy-to-make summer staple. By making them with fruit, you can make them tasty and healthy.

5 Backyard Water Park



Include sprinklers, slip and slide, or even a baby pool to stay cool in your own backyard! Don't forget the sunscreen!



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