

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

Summer LEISURE



Summer is a great time to get out there and get active. Sometimes we need a little reminder of all of the activities available to us.

Here Are Some Ideas To Get Your Entire Family Active

- Art Museum
- Amusement Parks
- Biking
- Baseball
- Basketball
- Beach
- Campfire
- Canoe
- Dance
- Explore Your Local Community
- Fly a Kite
- Fishing
- Frisbee Golf
- Four Square
- Golf
- Gardening
- History Museum
- Hula Hoop
- Hop Scotch
- House Cleaning
- In-line Skating
- Jump Rope
- Kickball
- Late Night Fire Fly and Star Watching
- Music Concert
- Nature Walk
- Outdoor Neighborhood Activities
- Picnic
- Parks
- Quiet Afternoon
- Reflection Time to Restore Energy
- Ride a Horse, a Rollercoaster, or a Bicycle
- Roller Skate
- Run
- Sleep Under the Stars
- Sporting Events
- Sidewalk Chalk
- Scavenger Hunt
- Turn the TV off for a Week
- Uncover hidden treasures as you clean out your attic or garage
- Vacation Bible School
- Water Sports
- Walk the Dog
- Xercise
- Xperiment with New Activities
- Yard Sale
- Yard Work
- Zoo

Summer afternoon, summer afternoon; to **me**

those have always been the two most

beautiful words in the English language.

-Henry James