



HEALTH CORNER

JUNE 2014

Did you know?

June is National Great Outdoors Month

With school out and summer just around the corner, there's no better time to take your family outdoors for some active adventures! June is Great Outdoors Month - a time to celebrate our country's magnificent landscapes, waterways and historical sites. From the Grand Canyon to Central Park, and from the Great Lakes to the California coast, America is full of spectacular sites that are open for all people to explore and enjoy. Of course, you don't have to visit a far-off destination to get moving outside. There are plenty of ways for your family to be active and take advantage of the outdoors in your own community.

Follow the tips below to participate in Great Outdoors Month and start your summer on a fun (and healthy!) note:

- You don't need much more than a pair of sturdy shoes to explore the parks and trails in your community. Challenge your family to get outside and walk, hike, or jog for 60 minutes. Add in a scavenger hunt, relay race, or other game, to make a long walk into an interactive journey.
- Cycling boosts cardiovascular fitness and can be enjoyed by the entire family. Rent or use your own bicycle to explore your city in a whole new way!
- Make a splash! Whether your nearest body of water is salty or fresh, you can get a great workout by trying a new sport like paddling (canoe or kayak), surfing, or swimming. Be sure to follow water safety guidelines when your family is near water.

For any of these activities, make sure to pack water, healthy snacks, sunscreen, and a healthy dose of curiosity!

Have a fun, safe and healthy summer!