

It's fun to be active everyday!

# June 2016



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

Before going to the festival plan your lunch.

2

Low fat yogurt is a healthy snack.

3

Build healthy habits from their favorite activities.

4

Plan the week's meals with the help of your kids.

5

Avoid value meals that have super sized portions.

6

Praise your family on their commitment to be active.

7

Try substituting long grain, brown rice instead of white rice.

8

Commercials offer an opportunity to be active.

9

Basketball is a fun activity that the whole family can do.

10

Visit a local farmers market to for fruits and veggies in season.

11

Broccoli is the superhero of vegetables with loads of vitamins.

12

Start this Monday with a family stroll around the block.

13

Make sure to slice grapes for children under 4 to avoid choking hazards.

14

Look for fun recipes to serve vegetables to your family.

15

Eat your **veggies day!**

16

Exercise doesn't have to be boring.

17

Limit the amount of ready to-eat-snacks you buy.

18

Schedule your child's dental appointments for healthy teeth.

19

This **Father's Day** play an outdoor game with your dad!

20

Have the kids help you prepare a fruit kebob.

21

Meat quality can be affected when thawing in the microwave.

22

Involve the kids in finding a fun recipe.

23

Hiking can add excitement into your family's walking routine.

24

A trip to the beach or lake is always a fun activity.

25

Add some color to your salad with seasonal fruits.

26

Snack on dried fruits such as apricots, figs or raisins.

27

Celebrate an outdoor festival..

28

Choose baked chips or pretzels instead of regular chips

29

Apply sunscreen on your child daily.

30

A pomegranate is high in vitamin C and potassium.

