



# Parents... Splash Into a Healthy Summer With These Ideas!

## Tips for Healthy Family Summer Fun

**H**ave fun in the sun! Schedule outdoor activities during morning and evening hours to avoid heat exhaustion.

**E**nergize yourself and your family! Go hiking or ride a bike.

**A**dd color and nutrients to your family's meals. Choose seasonal fruits and vegetables.



**L**imit television time. Take crafts outdoors, or use sidewalk chalk to create a game of hopscotch or four square.

**T**ake advantage of local community programs to increase your children's physical activity during the summer months.

**H**elp your children stay hydrated. Encourage them to drink water instead of sugary drinks like soda.

**Y**ou can help your family have fun and be healthy this summer.



For more information, please contact the  
**WEIGHT-CONTROL INFORMATION NETWORK (WIN)**

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