



Healthy Choices Count!

JUNE

BE HEALTHY WITH YOUR FAMILY!

STAYING HEALTHY OVER THE SUMMER

Schools can provide students and families with opportunities to learn about healthy habits that help students develop lifelong healthy eating behaviors, through events during the school year like a **Family Fitness Night** or a **Health & Wellness Fair**.

As students head home for the summer, encourage students and families to make a healthy summer "bucket list" with activities like:

- Cook a healthy recipe with family
- Set a fitness goal for yourself
- Go swimming
- Start a summer reading club
- Write a letter to a friend
- Visit a new park or playground
- Camp in the backyard
- Volunteer or do a service project
- Go on a hike
- Attend a community event



FAMILY HEALTH & FITNESS DAY

This special day promotes the importance of parks and recreation in keeping communities healthy!

Learn more: www.nrpa.org



STRATEGY 8

Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.



Learn more and access free resources: iowahealthieststate.com/5210



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