

5210 FEATURE:

July

Get outdoors and
play this summer!


Here's how you can put 5-2-1-0 into action this month:

TAKE YOUR PLAY OUTSIDE!

It can be hard to pull ourselves away from indoor attractions like the TV, tablets and video games. But summer is the perfect time to take your play outdoors! Don't miss out on the exciting and beautiful world of nature right outside your door. Spending time outside, has positive health outcomes for the whole family.

TRY THESE OUTDOOR SUMMER ACTIVITIES:

- Fly a kite
- Plan a picnic at the park
- Go on nature scavenger hunt
- Explore a nearby hiking trail
- Find a nearby disc golf course
- Plant a garden together
- Go stargazing in your backyard

 **TIP:** Let your child's creativity show by having them make a summer activity "bucket list." Add the suggested activities above and/or come up with your own!



BE A GOOD ROLE MODEL:

Children who are raised in families with active lifestyles are more likely to stay active as adults. **Set a goal of 1 hour of active family time each day.** It can be as simple as an after-dinner walk or a family bike ride on the weekend. Track the level of your physical activity using a pedometer, fitness tracker or app. Make gradual changes to increase your family's physical activity.

MORE RESOURCES:

- [How to practice social distancing while exercising outdoors](#)
- [Family Fun Pack to use at the park](#)
- [Iowa State Park Passport](#)
- [3 outdoor activities for families](#)
- [Tips and games to help your family be more active together](#) (English/Spanish)
- [Everything you need to know before you go fishing](#)
- [15+ classic outdoor games to play](#)



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