

SUMMER WELLNESS

HEALTHY HABITS FOR A HAPPY SUMMER

SUMMER WELLNESS TIP

Stay cool and hydrated this summer! Drink plenty of water throughout the day, especially before and after outdoor activities. Aim for 8 glasses daily, and add fresh fruit slices for natural flavor. Limit sugary drinks and opt for water-rich snacks like watermelon and cucumbers.



HEALTHY SUMMER EATING

Summer is perfect for fresh, colorful meals! Visit local farmers markets for seasonal fruits and vegetables. Try making smoothie bowls, fresh salads, and grilled veggies. Involve your kids in meal prep—it's a fun way to teach healthy habits while spending quality family time together.

OUTDOOR ACTIVITY IDEAS

Get moving outdoors! Try swimming, biking, hiking, or playing at local parks. Aim for 60 minutes of activity daily. Early morning or evening hours are best to avoid peak heat. Don't forget sunscreen, hats, and regular water breaks to stay safe in the Florida sun!



**MENTAL
HEALTH
MATTERS**

Summer can bring changes in routine. Keep connected with friends, maintain a sleep schedule, and take time for relaxation. If you or your child needs support, please consult a school counselor or medical professional.

