

Meet your **summer solutions**

Resolutions aren't just for the new year. Summer is the perfect time to take another step in the right direction with your health.

Eat better

Follow the balanced plate method

50% non-starchy vegetables

25% whole grains, starchy vegetables, fruits or dairy

25% lean protein



Enjoy the flavors of in-season produce from your farmer's market or garden.



Add frozen fruits, mint and other herbs to your water to help you sip all day long.

Move more

Switch up your routine with outdoor activities



swimming



hiking



tennis



yoga in the park

Get moving before 10 AM or after 3 PM



Avoid the hottest time of the day

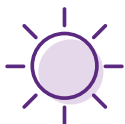
Add movement to your daily routine



- ✓ Take the stairs
- ✓ Host a walking meeting
- ✓ Park farther away

Stay well

Wear sunscreen



Apply a shot-glass size amount to face and body **15-30 minutes** before you head out

Take a break



If you feel dizzy, nauseous or tired outdoors, assess if you need **water, food or rest**

Reduce foodborne illness



Throw out any perishable foods that have been left out for **more than two hours**