



➤ Getting outdoors

June

Get outside and get healthy!

Summer is just beginning, and it's time to plan ways to take advantage of all that sunshine, and get outside for fresh air and exercise. Hiking, biking, swimming or just exploring – there are endless methods of enjoying the beautiful outdoors this month and most activities are easy and affordable ways for you to enjoy your summer.

No matter where you live, there are places in every community – from bike paths and trails, to local parks, ponds and playgrounds – to get moving outside and have a little fun.

Regular participation in outdoor activities has been shown to boost children's creativity and focus, in addition to building aerobic capacity and strength.

Make sure you're prepared

Enjoying the sunshine is vital to summer, but make sure you have the essentials before you leave the house. It's important to be prepared, so keep these tips in mind:

- Tell someone where you're going and when you'll return.
- Bring a backpack to carry items and keep your hands free.
- Pack water – enough for everyone to stay hydrated
- Bring along healthy snacks.
- Don't forget sun protection – grab a hat, sunscreen and sunglasses.
- Wear layers so you can warm up or cool down.

Sources: www.letsmove.gov and www.healthfinder.gov

Get wet but stay smart

Swimming is a great way for the whole family to get active and spend time outside. Just make sure and follow these tips to stay safe in and near the water and to swim safely:

- Swim near a lifeguard and never swim alone.
- Don't drink alcohol if you are swimming or watching children.
- Use floating toys like water wings and noodles for fun – not for safety. Don't use them in place of life jackets.
- Watch out for rip currents. A rip current is when the water pulls you away from shore. If you get caught in a rip current, swim along the shoreline until you are out of the current, then swim to shore.
- Take swim lessons if you don't know how to swim. Sign your kids up for lessons as soon as they're old enough.

Protect your skin from the sun

- Wear plenty of sunscreen with a minimum SPF of 15.
- Put on more sunscreen every couple of hours and after swimming.

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*Health coaching programs may not be included in all benefit plans