

A weekly resource
for your well-being

PARTNERS
FOR HEALTH **WORKING**
HEALTHIER TN

A TIP FOR TENNESSEANS

August 1, 2017

EIGHT WAYS TO HAVE FUN AT HOME THIS SUMMER

Whoever said family vacations have to be costly getaways? You can create a healthy, fun **staycation** for your family, right in your hometown. Vacationing at home can be a great way to save a few bucks. More importantly, it's a chance to keep your family active and healthy while soaking up the summer fun.

Check out these ideas for a healthier staycation:

- 1. Have a cookout.** What goes better with warm weather than the smell of something good on the grill? Grill safely by only grilling outdoors, dumping your coals with caution, and following general [grilling safety tips](#).
- 2. Re-discover your hometown...on foot!** Spend some time walking through your town or city to re-discover old gems. You'll find lots of places you may have missed before. Plus, it's a great way to get your heart pumping.
- 3. Splash about in the local swimming pool.** Grab your goggles—swimming is a great way for the whole family to get a fun, low-impact workout. Be swim-savvy and [check out this guide for water safety](#).
- 4. Cook healthy together.** Try [heart-healthy recipes](#) the whole family will enjoy. Get creative with your kids by letting them pick out a new food from the produce section of the grocery store.



Need a little extra help sticking to a goal?

Working with a health coach, you can learn ways to eat better, get fit, stress less and reach just about any goal you have. Click [here](#) to get started with your health coach today.



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phones, video games and screen time. Instead, spend more time with your loved ones. Why not try a new activity together? Square dancing, anyone?

- 6. Use apps to set family fitness goals.** Use free apps to set health and fitness goals. If you simply can't live without your phone, try using it to keep you and your family active:

Download a mobile app like Streaks for Small Starts™ to help you stay on track. While you're starting small, Small Starts for Families™ is a great resource for parents with kids from birth to early childhood.

- 7. Plan a nightly reading hour.** Reading is a way to spend quality quiet time unwinding with your loved ones. It's also a great workout for your mind, and can lead to better brain health, especially for older members of your family.

- 8. Grow a backyard garden.** Plant vegetables and herbs with your family for fresh, healthy food you can enjoy together. Tomatoes, lettuce and basil are good options for beginners. Be sure to wear sunscreen and [follow gardening safety tips](#).



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