



It can be hard to take time out of your busy life for exercise, but you'll thank yourself when you do.

Celebrate summer

This month, skip the gym and get active outdoors instead.

Go local.

Explore your city or town. Play Frisbee® at the park, take the bike around the neighborhood, or roll out the yoga mat by a lake (or beach).

Pack your snacks.

Plan ahead for healthy munching by bringing along fruits, nuts, and other light treats.

Make a splash.

Drink water instead of soda or juice to stay hydrated under the sun without the extra calories.

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