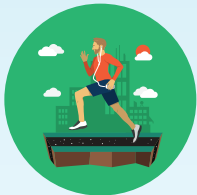


FIVE EASY, HEALTHY SUMMER GOALS



The days are longer, the weather is warm and fresh fruit and vegetables are abundant. Summer is a great time to commit to healthy behaviors. Here are five easy, healthy summer goals to accomplish. Let's make this summer your healthiest one yet!



CHALLENGE YOURSELF

Set a goal outside your comfort zone: join a running group, hike a 14er, try a new exercise class, walk every day – the options are endless.



COOK COLORFULLY

Strawberries, zucchini, tomatoes, watermelon – there's an abundance of fresh fruits and vegetables. Make your meals as colorful as possible.



DISCONNECT FOR A DAY

According to a study, 20 percent of smart phone users check their phone every 10 minutes! Take an entire day and disconnect from technology.



GET OUTSIDE EVERY DAY

Don't let summer slip away, make a point to get outside every day and do something active. Try a daily lunchtime or post-dinner walk.



MAKE H2O YOUR GO-TO

Drinking water is a healthy habit to maintain in the summer. Make H2O your go-to beverage of choice. Try a fruit infused water for a treat!



Weigh and Win is a free community wellness program that PAYS to achieve a healthy weight. Sign-up for free to receive daily health coaching and earn cash for weight loss every 90 days!

www.WeighandWin.com