



Healthy Habits

Tips and resources for living well



Keep your packed lunches safe

How to get your whole family active



Go Back to School Healthy

Get Prepared, Get Healthy!

We Can Help!

The summer is winding down, and back-to-school time is on the horizon. In this issue, you will learn about ways preparedness can help you and your family stay well. You'll read about how to send your kids back to school healthy, how to keep packed lunches safe to eat, ways to keep your whole family active, and more.



Stay healthy while traveling!

Ideas from our readers

Maintaining your exercise routine and healthy eating habits while traveling can be a challenge. Nevertheless, staying committed to your wellness goals is possible while on the road! All you need is motivation and a strategy. We recently asked some of our readers how they stay healthy while traveling, and we're sharing a few of our favorite responses with you. Try these helpful ideas!

- "I walk down the beach every morning." —*Mike*
- "I start each day with a fruit and vegetable smoothie." —*Jean*
- "When I travel, I don't have access to a gym so I do squats, push-ups and crunches for an equipment-free workout." —*Derron*



Go back to school healthy!

It's important to keep your child healthy through preventive care and immunizations. It is essential that kids visit their primary care physician, dentist and eye doctor yearly. Preventive care helps to monitor your child's development and screen for possible medical issues.

Just in time for school, August is National Immunization Awareness Month. Recent epidemics of measles and whooping cough emphasize the importance of immunizing your children not only for their protection, but also for the protection of others. Check with your child's providers as to what is needed and when your child should be screened.

Packing safe, healthy lunches

Packing lunches can help you eat healthier and save money. But it's important to make sure the items you're packing stay safe. Perishable items (meats, cut produce, dairy) need to maintain temperatures cooler than 40 degrees Fahrenheit to reduce the risk of foodborne illness. Follow these tips to help keep packed lunches safe!

- Pack lunches in insulated lunch bags. If they contain anything perishable, refrigerate them.
- If refrigeration is unavailable at school or work, use at least two ice packs to help maintain proper temperature.
- Freeze juice boxes and bottled water to serve as additional ice packs.
- Consider non-perishable options (no refrigeration needed) such as whole-grain crackers, bananas, oranges, granola, etc.



You asked, we answered

How can I get my whole family active?

Keeping your family active is important for good health. The Centers for Disease Control and Prevention (CDC) recommend a minimum of 2.5 hours per week of activity for adults and 1 hour per day for children. Regular activity is a great way to spend time together as well as help your kids establish healthy habits.

Follow these tips to keep your family moving!

- ✓ **Write a list of activities your family can do together.** Ideas could include walks, bike rides, visiting parks, physical games like freeze tag, or going to the playground.
- ✓ **Schedule a regular time** each week for family activities.
- ✓ **Take turns choosing activities** so everyone has an opportunity to pick.
- ✓ **Vary your activities** to keep it fresh and fun!
- ✓ **Encourage participation** in team sports or fitness classes. Find opportunities for your children to try soccer, baseball, softball, gymnastics, etc.
- ✓ **Get moving during your downtime.** Move around during commercials, play video or computer games standing up, or take a stretch break while using tablets or cell phones.