June is National Outdoors Month!

Why Getting Outside Is So Good for You

How Much Green Exercise is Enough?

Fun Ways to Get Outside

Healthy Food: Food Ideas

Neville suggests beating the heat with plenty of ice water, sparkling water, unsweetened lemonade with a splash of cranberry juice, frozen fruit pops, and herb-infused water. Other great options include flavored water, infused cucumber water, and cucumber-kiwi water. These cool beverages will offer a refreshing change from sugary sodas and juices.

For a welcome change to the usual picnic fare, use whole-grain buns, pita bread, or wraps instead of white bread. This will provide you with a better and more wholesome source of carbohydrates. Add grilled chicken, fish, or turkey for a lean source of protein. Serve a variety of whole-grain crackers, cheese, and dressings. You can also include hummus and pita bread for a nutritious sandwich alternative. For a protein-packed meal, try a black bean salad or a Mexican-style quinoa salad. These salads are packed with healthy fats and fiber, which will keep you feeling full and satisfied.

For dessert, enjoy a fresh fruit salad or a small bowl of ice cream. Alternatively, you can sweeten your day with a piece of dark chocolate or a handful of almonds. These snacks will provide you with a quick energy boost while keeping you on track with your healthy eating goals.

Pack your cooler with a variety of crisp, raw veggies like cucumbers, carrots, celery, and bell peppers. These veggies are low in calories and high in nutrients, which will help you stay hydrated and full. Try cutting them into strips and adding them to a salad, or simply dipping them into a yogurt dip. You can also add a side of guacamole or salsa to your picnic for added flavor and nutrition.

Be sure to bring plenty of water and stay hydrated throughout the day. It is crucial to stay hydrated in the heat, as dehydration can lead to fatigue, headaches, and other health problems. Drink plenty of water throughout the day, and consider bringing a water bottle with you to your outdoor activities. This will help you stay hydrated and prevent heat-related illnesses.

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