

Beat the Heat

July 2013

Summer is here and so is the heat! Cooling off with water can be fun and an added exercise for the whole family. Take a look below for fun ways to stay cool. Don't forget to keep track of all or your fun summer outdoor activities by using the Passport to Adventure. Remember to stay hydrated by checking out the Thirst Buster tips below along with our Thirst Buster Water Tracker!

Summer Sun, Swimming Fun!

- Find a community pool and take the kids for a swim.
- While at the pool, practice underwater gymnastics such as hand stands, somersaults, etc. Have a swimming race or try out different strokes.
- Check out local lakes and bodies of water. Many have kid-friendly beaches with lifeguards.
- Can't make it to the pool? Try playing volleyball, badminton or Frisbee over the sprinkler.
- Play a friendly game of water balloon volleyball.
- Wash the car or the dog and have a water fight when you are finished.
- Need more fun summer outdoor ideas? Take a peek at the Passport to Adventure!

Thirst Busters

- In the summer heat, it is important to stay hydrated.
- Try taking a water bottle everywhere you go.
- When you feel hunger, before reaching for the potato chips, try drinking a glass of water first.
- Are you tired of boring water? Try squeezing in the juice from citrus fruit or add some berries to give it added flavor.
- Use the Thirst Busters Tracking chart to keep track of your water intake!



This Summer, Strengthen your Kids through Positive Actions

Everyone has strengths and it is important for parents to help their children discover their own natural set of strengths. Below is one strategy to help you foster strength development in your children.

Praising Character versus Praising an Action

Praise your child's ability and strength, rather than the final outcome. By doing this you are teaching your child that his/her value is in his/her natural strengths, and not on his/her success.



800.932.0034
askthepros@acispecialtybenefits.com
<http://yotf.acicorewellness.com/>