



## Do-It-Yourself Health: Staying Healthy as a Family, July 2018



### Health & Wellness

By [Rachel Kurtter](#)

July 2 2018

Warmer weather and longer days mean more time for relaxing at backyard parties with our friends and family. We have access to a variety of fresh delicious produce, and are drawn outside to enjoy the sunshine — a great combination to encourage healthy living.

Take full advantage of summer's opportunities by scheduling a weekly family fun day. The only rules are that each member takes a turn choosing a favorite healthy activity to do together and a healthy recipe to prepare and eat together. This month's DIY Health tips will give you some ideas!

For extra incentive, remember that building healthy habits as a family can support positive behaviors that last a lifetime. The best way to get kids to try something new and healthy is to live by example!

### **Make Exercise a Family Affair**

There is no rule saying you have to exercise alone. In fact, whether with your family, a group of friends, or a dependable workout buddy, adding a social aspect to exercise can make it more enjoyable and help reinforce your commitment. So check out our [\*\*Move for Health handout\*\*](#), watch the video below, and then share these five exercises together!

**Video Player – click below link to access the video**

[\(https://blog.highmarkhealth.org/do-it-yourself-health-staying-healthy-as-a-family-july-2018/\)](https://blog.highmarkhealth.org/do-it-yourself-health-staying-healthy-as-a-family-july-2018/)

**Medicine Ball Slams and Burpees**

**Lateral Shuffle Ball Toss**

**Plank Runs**

**Circle Game**

**Group Warm Up and Cool Down**

## **Don't Let the Weather Be the Boss of You**

Hot, humid or a chance of lightning? Just because it's summer, that doesn't mean you *must* be outside! And of course there is such a thing as [\*\*too much of that enjoyable sunshine\*\*](#). So find some indoor activities that you and your family can enjoy together too. For example, try a beginner fitness class, group yoga, or indoor swimming. These activities can also help change up routines and challenge different muscle groups.

## **The Family That Plays Together Stays Healthy Together**

Don't underestimate the value of fun in keeping your family healthy and happy. Satisfy the kid inside all of us and have a throwback party. Play kickball or tag, toss a Frisbee, or reclaim another activity from the when-I-was-a-kid pile. Kids' games from the pre-digital era tend to burn lots of calories and, when adults participate, they can also promote family bonding. For a few more ideas, check out the [\*\*Old-Fashioned Backyard Games section of our June DIY Health post!\*\*](#)

# Summer Treats That Treat Your Body Well

Let's make something together as a family that's fun and tasty! Let's make something together as a family that's healthy! This is not an either/or decision — you can do both! In fact, this month's [Eat for Health recipes and grocery list](#) give you five fun *and* healthy summer recipes to prepare and enjoy together.

**Video Player – click the link below to access the video**

[\(https://blog.highmarkhealth.org/do-it-yourself-health-staying-healthy-as-a-family-july-2018/\)](https://blog.highmarkhealth.org/do-it-yourself-health-staying-healthy-as-a-family-july-2018/)

**Choco-Nut Banana Nice Cream** (adapted from Eatright.org)

**Grilled Cheesy Corn** (adapted from EatingWell.com)

**Grilled Summer Fruit Skewers** (adapted from Eatright.org)

**Melon Cucumber Cooler** (adapted from Eatright.org)

**Red, White and Blue Fresca** (adapted from Eatright.org)

## H2O: It's Not Just for Swimming

We include a hydration tip in many of our DIY Health posts...because it's really important. That's even more true during the summer months, when heat, sun, fun and other factors can increase the [risk of dehydration](#). Don't forget to [hydrate well](#) all day long — and make sure the kids are staying hydrated. Need an alternate to “just plain water”? Consider guilt-free thirst-quenching drinks such as unsweetened herbal iced tea, sparkling water, or water infused with mint, cucumbers or fruit slices.

- Tags: [children](#), [DIY Health](#), [Do It Yourself](#), [employer resources](#), [family fitness](#), [healthy eating](#), [healthy recipe](#), [hydration](#), [nutrition](#), [outdoor activity](#), [summer](#)

***If you have a member service question that involves personal health or insurance information, do not use the "comments" feature; please call the number on the back of your Member ID card.***