

FAMILY FUN



There are so many fun summer activities for the family. And when the activity includes walking and/or playing, it's a win-win. Here's a list to get you started.

- Splash pads
- Library – libraries usually offer free summertime activities and story times
- Playground tour – each week, go to a playground you haven't been to before
- Museums
- Forest preserve – bring the bikes and a picnic
- Backyard campout
- Visit a fire station or police station
- Visit a berry farm and pick your own berries
- Visit a farmer's market and let each family member pick out a food to try

PERSONAL COACHING
GET STARTED

NUSTARTHEALTH.COM/GET-STARTED
877.563.0700 | INFO@NUSTARTHEALTH.COM