



# FAMILY NEWSLETTER

Tips to help you & your family remain happy and healthy while staying home.

## This Issue's Features:

**For the Body, For the Brain,  
In the Kitchen, Just for Fun!**

## For the Body

As school starts and the weather remains warm, it can be hard to get outside and be active. It is important to take care of your body in the heat to avoid overheating and becoming dehydrated.



Follow this link to learn how to get active and have fun with the family:

- [https://bit.ly/active\\_fam\\_en](https://bit.ly/active_fam_en)

### Tips for beating the heat and staying active:

- **Timing is key:** Try to stay inside during the hottest hours of the day, between 3-7 PM. Go out in the morning & evening when it is cooler.
- **Wear sunscreen when you go out.**
- **Drink water often:** Drink water when you wake up, before you go outside, and bring water with you.
- **Have fun with water:** Turn on your hose or sprinkler in the backyard for a fun water day with the whole family!

## For the Brain

Every day, we lose water through breathing, sweating, and going to the bathroom. Losing more water than we drink leads to being **dehydrated**. This can make us feel cranky, tired, thirsty, dizzy, and cause headaches.

Follow this link to learn how to make healthier drink choices:

- [https://bit.ly/Sip\\_Smart\\_En](https://bit.ly/Sip_Smart_En)



### Tips to add more water into your day and keep your mind clear:

- **Wake up and sip:** After 6-8 hours of sleep, our bodies get a bit dry. Start your day with a glass of water to help wake up and get going.
- **Keep water with you:** Keep a glass or bottle of water with you to sip on often and refill during the day.
- **Rethink your drink:** The best thing you can drink is water. Soda, sports drinks, juices and other sugary drinks are high in sugar and calories and should be limited. Try replacing these drinks with plain water.

# In the Kitchen

Drinking enough water is an important part of staying healthy. Being **hydrated** means drinking enough water every day. Kids & teens should drink 6-8 cups of water daily. Adults should try to drink 11-15 cups daily.

Follow this link to find recipes that add flavor to water by adding fruit:

- [https://bit.ly/RYD\\_Tangy](https://bit.ly/RYD_Tangy)



# Just for Fun!

Taking time each day to be active is a helpful way to relieve stress. Summer can be a fun time of the year to spend sunny days out with the family.

**Set aside time daily to do activities you or your family enjoys.**

Follow this link to find 25 fun ideas to help get active at home!

[https://bit.ly/Get\\_Moving\\_En](https://bit.ly/Get_Moving_En)



Follow this link to learn about Activity Works and try some of their activity ideas at home with your family.

<https://activityworks.com/at-home>

**Learn more about how to rethink your drink:**

- **Do you know how much sugar is in your drink?** Sugary drinks are the number one source of added sugars in our diets.
- **Learn to read the label:** Recognize sugar by reading the food label.
- **Explain the importance of water:** Remind your kids that water is a necessary part of our diets and we need to drink plenty of it every day.
- **Make your water tastier:** To add more flavor (without sugar) to your water, cut up fruit and add it to your water. Try strawberries, cucumbers, lemon, oranges, or limes with ice to make a tasty and healthy drink!



**It's not too late to fill out the 2020 Census online!**

**Go HERE to complete it:**  
<https://my2020census.gov/>

*\*Remember— all responses are confidential and private.*

**Need help quitting tobacco?**

The California Smokers' Helpline offers free help, just call:

Smokers: 1-800-NO-BUTTS (1-800-662-8887)

Vape Users: 1-844-8-NO-VAPE (1-844-866-8273)

Chinese: 1-800-838-8917

Spanish: 1-800-45-NO-FUME (1-800-456-6386)



For more information and resources, please visit [www.healthedcouncil.org](http://www.healthedcouncil.org)