



Three Cheers for Summer!

June 21, solstice day, officially marks the first day of summer! Solstice day is also the longest day of the year, meaning we get more hours of sunlight than any other day, so use them wisely! This list has family exercises for every season.

Eat Better

Summer time means fresh berries! Work this Berry Blast Salad recipe into your daily 5 servings of fruits and veggies. Take advantage of the in-season fruits and veggies at either your local supermarket or the Rochester Public Market.



Watch Less

Make it a plan this summer to stay off the couch and avoid excessive screen time. Studies show that lots of screen time is often linked with non-nutritious foods. Keep screen time to a maximum of 1 hour per day and find out why it's time to unplug.



Get Active

Take advantage of the great summer weather and get outside with your friends and family! With all of the great activities to do in Rochester, boredom is not an option this summer. Visit the City of Rochester's [website](#) for a list of recreation centers and summer programs available.



Smart Sips

Summer months mean lots of playing outside with friends and family, making it extremely important to stay hydrated. Check out this [Fitness Flick](#) about keeping your kids hydrated during and after physical activity. Fueling up with water will keep you energized and ready to go.

