

VitaMin

Vital health information in a minute

Get a healthy dose of sunshine



Now that the weather is warming up, it's time to get off the couch and out into the sunshine.



Lots of sunshine. Little cost.

You don't have to spend big bucks to have fun outdoors. In fact, there are tons of activities you can do that cost little to no money. Here are a few ideas:

Hit the trails.

Look for easy or moderate trails.

Ditch the car.

Walk or ride your bike to run errands.

Dig in.

Plant flowers or a vegetable garden.

Go jump in a lake.

Or anyplace you can take a dip.

Go to school.

Use the track or run the stadium steps.

Scrub down.

Wash your car by hand.

Pack a healthy picnic

Summertime is the perfect time for a picnic. Kids love it. Adults love it. And it's a great way to enjoy the season. But instead of packing your picnic basket with mayonnaise-heavy salads and sugary treats, try to keep things light and healthy.

- A colorful array of cut-up veggies are an easy, healthy way to snack outdoors. Try carrots, celery, cucumbers and peppers.
- An assortment of fresh fruit is a refreshing and cool summer treat. Go seasonal with strawberries, blueberries or cut-up watermelon.
- Hummus makes the perfect dip for your cut-up veggies.
- Make your own healthy trail mix with unsalted nuts, seeds and dried fruits.
- Try a salad of leafy greens, strawberries, orange slices and toasted walnuts for a summer treat.
- Pick up mayonnaise-free pasta or veggie salads from your deli.
- Ditch the potato chips and pack a crunch with baked tortilla chips with black bean and corn salsa.

Source:

<http://www.fruitsandveggiesmatter.gov/tips/snacks.html>

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