



Be Well Together is

**Kicking Off a
Healthy Summer**

& using NUTRITION to help do it!

June Mantra:

**I can create healthy habits
that help me feel good this summer!**



June Mantra:

nutrition



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1. EAT HYDRATING FOODS

- Fruit with breakfast
- Large & loaded salads
- Raw veggies w/ dips
- Smoothies galore

2. FRONT-LOAD YOUR DAY

- Eat breakfast with complex carbs, healthy fats, protein, & fruits or vegetables
- Calories are a measurement of energy
 - we **NEED** calories for our day!

3. EAT REGULAR MEALS

- Skipping meals, or alternating super large meals with small snacks, can affect blood sugar levels, impacting our mood, energy, digestions, and more

4. PREP FOR SUCCESS

- Keep raw veg & fruit cut up in the fridge
- Prep smoothie bags in the freezer
- Make a chopped veg & bean salad with healthy fat dressing to put on top of greens

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