

## Make a Summer Splash!

### Top Ten Ways to Make a Summer Splash!

1. Play in a sprinkler. Get some friends together and make up your own game.
2. Check out your local splash park!
3. Go to your local outdoor swimming pool. Always swim with a buddy and play and swim in areas supervised by a lifeguard.
4. Visit a local recreation centre to see if there is an indoor pool that offers family swim time.
5. Enjoy a cool glass of water with your favourite fruit in it for a touch of flavour.
6. Know Before You Go! Check the weather forecast and complete a simple safety checklist.
7. Plan a family picnic to a nearby lake with a community beach.
8. Get some sponges and buckets of water – try playing games like ‘water sponge tag’!
9. Go to the grocery store and grab a watermelon. Cut up and enjoy the fresh fruit with family and friends!
10. Enroll in swimming lessons at your local pool. Swimming is a great way to be active for life.



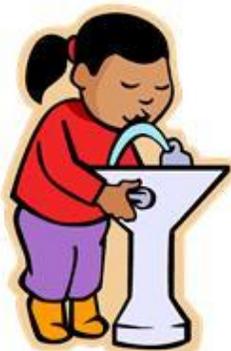
### Water, Water, Everywhere

Wherever you go this summer, be sure to stay hydrated. Quench your thirst often with water, especially when travelling in a vehicle, playing in the sun or near the water, or when engaged in energetic physical activities, such as hiking or cycling.

Offer tasty variations when drinking water. Try the recipe of the month!

You can cut costs and help the environment by using refillable water bottles, and not purchasing bottled water. Make sure every family member has his or her own bottle. When on vacation, you can store the bottles in a travel cooler, and when needed, add ice to each bottle.

Adapted from: [www.healthyalberta.com1168.htm](http://www.healthyalberta.com1168.htm)



### Treat your taste buds with water!

If you like it cold, keep a jug or container of water in the fridge.

- When you are out, carry a water bottle with you or at your desk at work.
- Eating out? Say yes when offered water or order water to drink with your meal.

### Recipe of the Month

#### Fruit Infused Water Recipes

Basic steps:

- Cut fruit into small cubes or pieces
- Herbs, such as mint or basil can be crushed or torn into small shreds
- Put herbs and fruit in water
- Refrigerate for minimum one hour
- Garnish with a piece of fresh fruit and enjoy!

#### Citrus Cucumber Water

Ingredients:

- 1 cucumber, sliced thinly
- 2-3 lemons, sliced thinly
- Water
- Ice

Method:

- Place the cucumber slices in a pitcher.
- Add lemon slices.
- Add water to the pitcher and refrigerate.
- Serve over ice.



Reviewed: M. Quintanilha, MSc, RD: AHS