



MAKE
TODAY
MINDFULLY
BALANCED

It can be hard to take time out of your busy life for exercise, but you'll thank yourself when you do. And, remember, staying in shape doesn't have to be boring – keep it fun to stay motivated.

Celebrate summer

This month, skip the gym and get active outdoors instead. The fresh air and scenery can help energize and inspire you. And the options are almost endless.

Go local.

Take the opportunity to explore your city or town. Play Frisbee® at the park, take the bike around the neighborhood, or roll out the yoga mat by a lake (or beach).

Pack your snacks.

Plan ahead for healthy munching by bringing along fruits, nuts, and other light treats. For example, one cup of grapes is only 100 calories.

Make a splash.

Drink water instead of soda or juice to stay hydrated under the sun. The extra calories from all that sugar can lead to weight gain.

Visit kp.org/weight for more tips on keeping your weight in check.

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