



June 2016

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22	30	31	1	2	3	4	5
23	6	7	8	9	10	11	12
24	13	14	15	16	17	18	19
25	20	21	22	23	24	25	26
26	27	28	29	30	1	2	3



Tips for June!

- 💧 Start the day with a healthy breakfast. It refuels your body and gets you going the right way.
- 💧 Let your child help plan at least one meal each week. It gets them involved in healthy choices so they will make them on their own.
- 💧 Have daily family play time. Shoot hoops, walk to the park, play tag - it's a great bonding time for the family and gets everyone moving!
- 💧 Stay hydrated! Avoid sugar or caffeine to truly provide fluids to your body. AquaBall is a great healthy hydration beverage.