

# 4 Healthy Summer Habits



INSTITUTE FOR  
**INTEGRATIVE  
NUTRITION**  
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## STAY HYDRATED



The human body is made up of 75% water, so it makes sense that this essential fluid must be continually replenished.

**Make sure you're getting enough with these tips:**

- Drink a glass of water first thing in the morning.
- Skip the sweet tea; bring fruit or herbal infusions to share at all of your summer festivities.
- Choose fruits with high water content like strawberries, watermelon, and grapefruit.

✂ Stick to your refrigerator

## ENJOY FRESH VEGGIES



Grab a friend, hit the farmers' market, and create something delicious together!

- Schedule a cooking date for the upcoming week.
- Plan the meal based on your favorite seasonal ingredients.
- Learn new recipes and techniques from each other.

✂ Pin to your calendar

## GET ACTIVE



Summertime is the perfect opportunity to get outside, sweat, and have fun.

- Grab a workout buddy. When you commit to power walking, running, or yoga together, you will keep each other on track and motivated!
- Find an activity you love, so you'll look forward to doing it. From tennis to swimming, there's a physical activity out there waiting for you.
- Exercise everywhere. Walking to work? Take the long way. Sitting at your desk? Squeeze and release your abs for 10 minutes.

✂ Tape by your door

## RELAX



Your mind and body experience stress daily, and it's essential to kick back and relax on a regular basis!

**Try these stress-busting tips:**

- Spend time with people who light you up.
- Practice a mind/body activity like yoga or meditation.
- Get plenty of sleep.

✂ Keep on your desk

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