

## My Top Healthy Summer Resources for the Family

### Description

Father's Day marks the official first day of summer this year. I don't know about you, but we're already feeling the heat in Texas and could go for some of that rain we had a few weeks ago.

With summer, comes heat, and a lot of it! Heat can be dangerous to all of us, but detrimental to our little ones. But that doesn't mean they need to stay indoors sitting in the A/C all through the season. As long as we keep it smart, everyone can have a wonderful, healthy time under the sun.

I've gathered a few sites I find interesting and helpful with tips on how to stay safe and healthy this summer and wanted to share them with you. Most of these are geared towards the family, but I added a few not specifically meant for families that are packed with helpful nutrition and activity tips everyone can use.

First off, make sure you know what you're rubbing all over your family's skin. Our skin is highly porous and absorbs a lot of what you put on it, and many sunscreens do more harm than good with the amount of toxic chemicals they contain. This may seem like a minute detail to a full grown adult, but for a tiny baby or toddler, everything is much more concentrated and can pose a serious threat. Read my [post on sunscreen safety here](#). *P.S. I also apologize to my wife in the post since I used to waive off the dangers of sunscreen myself.*

[15 Nutrition Tips For A Healthy Summer](#) – Just a nice quick list to refer to for ways to eat smart but not be bored with a chicken and broccoli type meal. Which, by the way, I actually think is pretty good!

[Keep Your Kids Happy and Healthy: Summer Tips For Parents](#) – Hey, even the government has useful advice for a change! Make sure to check out the links provided in each tip for even more healthy ideas.

[8 Summer Steps For Healthy Living](#) – Some seemingly obvious tips from WebMD, but handy if you're having a brain fog moment.

[The Best Healthy Pantry Foods](#) – This is a great list from Ben Greenfield and we have most of these in our pantry. Great to have year round!

[Easy Meals For Busy Athletes](#) – Another Ben Greenfield info bomb. Obviously, you don't have to be an athlete to enjoy the benefits of these fast and healthy meals.

[5 Fun Home Activities To Do With Your Kids](#) – I love this list from The Good Dad Project! Some good ideas for indoor activities to help beat the heat and have fun as a family!

[Keep The Kids Active All Summer Long](#) – This list from Macaroni Kid is sure to have at least one or two ideas you haven't considered for fun and productive activities your kids will learn from.

I like this list from the [Macaroni Kid " Family Fitness](#) site providing several simple foundations to keep your family fit and healthy all year. Print it and stick it on the fridge so it's always fresh on your mind.

### [The Foundations of Family Fitness and Wellness](#)

Hope you're able to find some good tips and implement them in your home this summer. Please, just keep safe and well hydrated while having fun in the sun!



Hi there, I'm just keeping hydrated!

**Do you have any plans for hanging out with the kids this summer?**

**Are you getting away and having someone else watch the kids?**

**Any tips you have for a safe, healthy summer that you'd like to share?**

**Date Created**

2015/06/20