Ideas for a healthy & active family
Gather your family and try some of these fun activities this summer

- Shoot hoops or play HORSE
- Explore a new park in your area
- Start a neighborhood kickball game
- Sign up for a 1K, 5K or longer walk/run
- Plant a garden
- Take a healthy picnic to a park
- Go for family walks or bike rides
- Clean up trash at a local park
- Draw with sidewalk chalk, and make a hopscotch outline
- Create an obstacle course using objects from the house and yard
- Have a jump rope challenge and try doubledutch
- Have a dance party with your favorite music
- Try to see how many jumping jacks, push-ups or sit-ups your family can do
Superfood of the Month: Watermelon

What is it?
Watermelon is an edible fruit that is cultivated worldwide with more than 1,000 varieties.

Why should I eat it?
This tasty fruit is 92% water which helps your body stay hydrated which is important for it to function properly. Also due to its high-water content, this melon has low calorie density - in other words very few calories for its total weight. Watermelon has more lycopene than any other fruit and veggie - even tomatoes. To load up on lycopene, choose a melon with bright red flesh and the riper the better! It provides other nutrients like citrulline and vitamins A and C. Studies suggest that this sweet, red melon may even boost heart health, reduce muscle soreness and decrease inflammation although more research is needed.

What do I do with it?
Watermelon is a healthy snack on its own but can also be used in summer drinks, salads, gazpacho, and gelato or sorbet. You can also grill watermelon for a caramelized sweetness with a slightly smoky flavor.

Tips for buying and storing
Buy a watermelon that is uniform and heavy for its size and has an orange, creamy field spot. Watermelon will keep for 7-10 days at room temperature. It should be left at room temperature until it is ripe. You will know your watermelon is ripe when it is dull and dark as opposed to shiny. Once a melon is cut, it should be wrapped and stored in the refrigerator for up to four days.
Watermelon Salad with Feta & Mint

INGREDIENTS

Dressing
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lime juice
- ½ garlic clove, minced
- ¼ teaspoon sea salt

PREPARATION
1. Make the dressing: In a small bowl, whisk together the olive oil, lime juice, garlic and salt.
2. Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, avocado, mint, and serrano pepper, if using, and drizzle with remaining dressing. Season to taste and serve.

For the salad
- 5 cups cubed watermelon
- Heaping 1 cup diced English cucumber
- ¼ cup thinly sliced red onion
- ½ cup crumbled feta cheese
- 1 avocado, cubed
- ⅓ cup torn mint or basil leaves
- ½ jalapeño or serrano pepper, thinly sliced, optional
- Sea salt

https://www.loveandlemons.com/watermelon-salad/