

HEALTH AND FUN IN ALABAMA SUMMER CHECKLIST

HAVE FUN WHERE YOU ARE

- Go for a walk
- Go for a swim
- Help a friend or neighbor
- Collect and paint rocks
- Read a book
- Sing
- Dance
- Clean out a closet
- Donate unused items to charity
- Donate food to those in need
- Watch a sunrise
- Watch a sunset
- Meet a neighbor
- Do a random act of kindness
- Learn a new skill
- Restore a piece of furniture
- Tackle a DIY project
- Visit the library
- Learn or practice an instrument
- Make art
- Make a craft
- Visit a friend
- Volunteer
- Play a boardgame
- Stretch
- Walk the dog
- Attend a community event
- Work on a puzzle
- Draw with sidewalk chalk
- Play in the sprinkler
- Plant flowers
- Plant vegetables
- Can something you grew
- Climb a tree
- Make lemonade
- Roll down a hill

HAVE A PLANT

- Grill fruits or veggies
- Have a picnic
- Cook a meal as a family
- Make half your plate fruits and veggies
- Try a new food
- Make a new recipe
- Take a meal to a friend
- Make a healthy snack
- Have a barbeque
- Make a colorful side dish
- Make a fruit salad
- Make a veggie omelet
- Make an asparagus recipe
- Make a smoothie
- Make a summer salad
- Make a cherry recipe
- Enjoy fresh berries
- Make Gazpacho
- Make a caprese salad
- Make fruit popsicles
- Make ice cream

HAVE A BALL

- Play catch
- Play tennis
- Play pickleball
- Play soccer
- Play disc golf
- Play mini golf
- Go bowling
- Play paintball
- Play flag football
- Play badminton
- Play basketball
- Play frisbee

- Practice archery
- Blow bubbles
- Go roller skating
- Skateboard
- Have a water balloon fight
- Go water skiing

HAVE AN ADVENTURE

- Sign up for the 100 Alabama Miles Challenge
- Go to an outdoor concert
- Attend a sporting event
- Go geocaching
- Participate in a race
- Visit a museum or historical center
- Visit the zoo
- Go zip lining
- Visit somewhere new
- Go fishing
- Go caving
- Go horseback riding
- Go rock climbing
- Go cycling or mountain biking
- Go camping
- Go hiking
- Go kayaking or canoeing
- Visit a garden
- Visit a park
- Visit an Alabama Natural Wonder
- Visit a beach
- Visit the lake
- Visit an aquarium
- Visit a splash pad
- Watch fireworks



The Nutrition and Physical Activity Division

For more tips and information, visit alabamapublichealth.gov/npa