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

ALABAMA PUBLIC HEALTH

n&pa The Nutrition and Physical Activity Division

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