

2017 July

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

Start this month focusing on your health goals. Write your three new health goals to the left.

2

How do you get your servings of fruits and veggies on holidays?

Learn more [here](#).



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The sun's rays are strongest at midday. Seek shade and wear sunscreen during that time.

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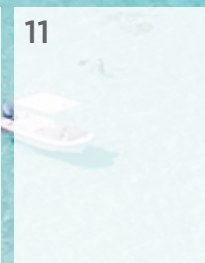


10

Plan your tasty and nutritious meals for the week.

[Start with this healthy recipe.](#)

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How will you be sun safe when you are active this weekend?

Learn more [here](#).

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It's easy to get dehydrated during the hot summer months. Remember to drink water.

Learn more [here](#).

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Enjoy the warm weather outdoors this weekend. Find a new place in your town to explore.

22



23/30

What do you do to enjoy the outdoors? Add a hat and sunglasses to your attire to protect yourself from UV rays.

24/31



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Did you meet your health goals this month? Check them above.

28



29

2017
July

Get your beach bag ready! Pack these items to help you stay sun-safe this summer.



Be Sun Safety Ready

Source: CDC.gov



Sun Hat:

Wear a hat with a wide brim that shades your face, ears, and the back of your neck. Protect any skin that is not covered by the hat with sunscreen.



Umbrella:

Reduce your risk of skin damage by seeking shade under an umbrella before you need relief from the sun.



Sunglasses:

Sunglasses that block both UVA and UVB rays offer the best protection.



Sunscreen:

Put on sunscreen with at least SPF 15 about 15 - 30 minutes before you go outside, even on cloudy days.