

20 Fun Health and Wellness Summer Activities

1. Long walks
2. Workout outside
3. Plant a garden
4. Take the littles to the playground
5. Go swimming
6. Go bike riding
7. Go hiking
8. Go play with the littles in an open field
9. Have a picnic
10. Go camping
11. Water balloons
12. Take up nature photography
13. Make fruit popsicles
14. Go to the farmers market
15. Do yoga outside
16. Do water aerobics
17. Have a BBQ
18. Play fetch with your dog
19. Take part in a sport
20. Make fruit smoothies