



Outdoors is a great place to be

Being outdoors can improve mood and attention, lower stress, and increase empathy and cooperation.

Ways to get outside:

- Walk or wheel through your neighbourhood
- Try a nature scavenger hunt
- Discover some local parks or trails
- Find a shady spot to read a book

Enjoy the fresh air!

*Adapted with permission from
Middlesex-London Health Unit*



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Being active is good for the mind and body

Moving our bodies every day can help us feel good:

- Make it fun by finding movement that brings you joy
- Make it easier by building activity into daily routines
- Make it social by moving with others

Ideas to get your family moving throughout the day:

- Walk or wheel to school or the library
- Playing games or sports with friends
- Dancing to a favourite song
- Hiking as a family

See how movement makes you feel!

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Sun safety

It only takes one bad sunburn in childhood to increase the risk of developing skin cancer later in life.

Follow these sun safety tips to keep you and your family safe:

- Apply broad-spectrum, water-resistant sunscreen with a SPF 30 or higher.
- Reapply sunscreen every 2 hours, or after swimming to stay protected.
- During midday hours (11 a.m.- 3 p.m.), stay in the shade when possible.
- Wear a wide-brimmed hat, light and loose-fitting clothing, and sunglasses.
- Keep hydrated, thirst is the first sign of dehydration.

Stay safe and have fun in the sun!