



# Summer: Where every day is No-WiFi Wednesday!



## Summer Scavenger Hunt - Get Outside

Join our Inspire scavenger hunt! Complete 10 or more of these activities and check each box as you go. At your next appointment, share with the Inspire team what you learned and how excited you are for summer!

- |  |   |
|--|---|
| <input type="checkbox"/> Prepare a meal with a green vegetable         | <input type="checkbox"/> Build a blanket fort                               |
| <input type="checkbox"/> List your favorite summer activities & do one | <input type="checkbox"/> Eat an orange fruit and vegetable in the same meal |
| <input type="checkbox"/> Sit outside for 10 minutes without your phone | <input type="checkbox"/> Go outside and find a bug                          |
| <input type="checkbox"/> Take a 15-minute outdoor walk                 | <input type="checkbox"/> Stand on one leg and say the alphabet              |
| <input type="checkbox"/> Reach for your toes and hold for one minute   | <input type="checkbox"/> Have dinner with your friends or family            |
| <input type="checkbox"/> Eat fruit that is naturally blue or purple    | <input type="checkbox"/> Try to meditate for five minutes                   |

### SUMMER SEASON QUESTION

Do you think the Eiffel Tower grows a little taller when it's sunny and warm outside?

Let us know your answer at your next Inspire appointment!



### Red Light, Green Light (Purple Light?!)

Add different colored lights as the game goes on:

- Yellow light: Slow crawl on the ground
- Green light: Jump like a frog
- Blue light: Try and touch the sky
- Purple light: Do a silly dance



## MACHINE SOLUTIONS RUN & WALK FOR KIDS

Saturday, Aug. 2

First Event: 7:50 a.m.

Arrive early to enjoy the vendor booths!

Posse Ramada at Fort Tuthill  
2446 Fort Tuthill Loop  
Flagstaff, AZ 86004

Hit the trails with a 2K, 5K or 10K run or walk, or join virtually if you can't attend in person. You can log your virtual race results between July 19 and Aug. 2.

You must register for the in-person or virtual race before Aug. 2 at 7:55 a.m.

Free registration for Inspire patients.  
Use code: Inspire

Scan to register:



[RUNSIGNUP.COM/RACE/AZ/FLAGSTAFF/MACHINESOLUTIONSRUNWALK](https://RUNSIGNUP.COM/RACE/AZ/FLAGSTAFF/MACHINESOLUTIONSRUNWALK)

## Summer fun with Coach Laura:

Summer is a great time to find creative ways to move your body!  
You won't get bored with these fun ideas!

**Tape Lines:** Create five to 10 lines of tape, each about a foot apart, on your floor or carpet. Label the first one the "start" line and try to:

- Long jump: How many lines can you jump over? Try to jump farther each time.
- Run 'n' jump: Take a running start and see how far you can jump!
- Long jump backwards: Try to long jump backwards!
- Hop: How far can you jump on one leg?
- Reach 'n' stretch: How far can your leg reach with one foot on the "start" line?

**Potato Drop:** Place a potato between your knees and race to a finish line where you drop it into a bucket. If you drop the potato, or if hands touch it, go back to the start and try again. This is fun in a group – split into two teams and race to see which one can get all their potatoes into the bucket first!



"No one is you,  
and that is your  
superpower."

Try and limit your phone time to  
only 30 minutes a day this  
summer!

## RADIATE THIS SUMMER WITH YOUR LEMONADE STAND

Some ideas to pair with your lemonade stand this summer!

### Watermelon ice cubes

- Cut watermelon into blocks and freeze. Perfect for cold summer drinks.

### Corn on the cob

- A sweet and savory snack that you can put on the grill or cook in boiled water.

### Cucumber sandwiches

- Spread low-fat cream cheese on whole grain bread and stack with cucumbers. Add lemon juice or dill for extra flavor!

### Spinach dip

- Mix plain low-fat Greek yogurt, mayonnaise, spinach and water chestnuts. You can find healthy spinach dip recipes on [ifoodreal.com](http://ifoodreal.com).

For scheduling or questions,  
please contact us:  
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ABOUT INSPIRE:  
[NAHEALTH.COM/INSPIRE](http://NAHEALTH.COM/INSPIRE)

