



# YOUR GUIDE TO FAMILY HEALTH AND FITNESS DAY

Improve your family's physical,  
mental and emotional health  
today and every day.

Together, all the way.<sup>SM</sup>



Family Health and Fitness Day takes place on **12 June**.

## WHAT'S FAMILY HEALTH AND FITNESS DAY ALL ABOUT?

Raising a family is no easy feat. Keeping your family fit and healthy is another challenge entirely.

To inspire people up and down the country, Family Health and Fitness Day is taking place on **12 June**. Each year, on the second Saturday of the month, families are encouraged to **get active at home, in the garden, or at local parks** and recreational spaces – all while practicing safe physical distancing from others.

Family Health and Fitness Day promotes the importance of **creating healthy habits** early and helping people of all ages to make smart choices about their health.

### HERE'S HOW TO TAKE PART

To get involved in **Family Health and Fitness Day**, you can:

- › **Enjoy an active Saturday afternoon.** Head to the local park to play a sport, turn a family walk into an adventure, or organise a game in your garden.
- › **Organise an event to raise awareness of family health.** This also helps raise awareness of the importance of local community spaces.

- › **Spread the word on social media.** Tell your friends and extended family about Family Health and Fitness Day 2021.

### STAYING FIT AND HEALTHY HAS NEVER BEEN SO IMPORTANT

Here are a few of our top tips to build healthy and active habits into family life:

- › **Start the day with a healthy breakfast.** Try to eat together as a family if possible.
- › **Don't forget the vegetables.** Add 2-3 cups of fruits and vegetables to your family's diet each day.
- › **Stay hydrated.** Encourage the whole family to drink water throughout the day.
- › **Try to get between 30-60 minutes of physical activity every day.** Even short sessions add up.
- › **Set realistic goals.** Make sure you and your family can achieve the goals together.

Don't forget, mental health is just as important as physical health. The circumstances and disruption caused by the pandemic has made everyone feel more anxious than usual with all of the uncertainty and change. Encourage your family members to chat openly about their feelings and day-to-day experiences.

## HOW CIGNA CAN HELP

The [Cigna Wellbeing™ app](#) makes it easy to access our services and connect your family to better whole health through a range of tools and services, available anytime, anywhere. Discover healthy recipes, wellness articles and motivational tips.



## DOWNLOAD THE APP TODAY!

We focus on keeping you and your loved ones fit and well by providing access to health improvement tools. That way, you can have peace of mind that you'll receive the proper care at the right time.

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