



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.™



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.

iPhone, iPod touch, iTunes are trademarks of Apple Inc, registered in the US and other countries. App Store is a service mark of Apple Inc.

Google Maps, Android and Google Play are a trademark of Google Inc.



Copyright © Cigna 2021. All rights reserved.

Cigna European Services (UK) Ltd (Financial Services Register No. 788765) is an appointed representative for Cigna Life Insurance Company of Europe S.A.-N.V. UK Branch (Financial Services Register No. 202845) and Cigna Europe Insurance Company S.A.-N.V. UK Branch (Financial Services Register No. 207198) which are authorised and regulated by the National Bank of Belgium. Deemed authorised by the Prudential Regulation Authority. Subject to regulation by the Financial Conduct Authority and limited regulation by the Prudential Regulation Authority. Details of the Temporary Permissions Regime, which allows EEA-based firms to operate in the UK for a limited period while seeking full authorisation, are available on the Financial Conduct Authority's website.

Cigna Europe Insurance Company SA-NV, UK branch, is a foreign branch of Cigna Europe Insurance Company S.A.-N.V. (a company registered in Belgium in the Brussels Trade Registry with limited liability, authorised under licence 2176 and with Registration Number 0474.624.562 and registered address at Plantin en Moretuslei 309, 2140 Antwerp, Belgium), registered in England and Wales with registered number BR017168 and registered address at 13th Floor 5 Aldermanbury Square, London, EC2V 7HR.

Cigna Life Insurance Company of Europe SA-NV, UK branch, is a foreign branch of Cigna Life Insurance Company of Europe S.A.-N.V. (a company registered in Belgium in the Brussels Trade Registry with limited liability, authorised under licence 0938 and with registration number 00421.437.284 and registered address at Plantin en Moretuslei 309, 2140 Antwerp, Belgium), registered in England and Wales with registered number BR000754 and registered address at 13th Floor 5 Aldermanbury Square, London, EC2V 7HR.

Cigna European Services (UK) Limited is a limited company having its registered address at 13th Floor, 5 Aldermanbury Square, London EC2V 7HR and registered number 00199739