

ACTIVE LIFESTYLE KICKSTART!

What's one of the best things you can do for your overall well-being?

Get moving! You DO have time for physical activity, and it doesn't require a gym membership.



Socialize On the Go

Pick an activity instead of a restaurant next time you socialize. Hiking, biking, or a physical video game.



Work out with a watermelon. Then hydrate with juicy slices!

Find workouts at



Keep Track

Set goals and enter your daily info into a journal. Or, sync a fitness watch to an activity tracker.



Try a New Activity

Learn something new to keep exercising exciting. Sign up for dancing, pickleball, or an athletic team.



Be Mobile at Work

Stand while making phone calls, walk when planning, and make office visits instead of emailing.

watermelon.org/workouts

Eat Real Food



Get Creative!

Avoid the sweat and go for a swim. Play with your kids. Build strength at home — household items, like canned foods or even watermelon, make perfect weights!



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