



## The Right Choice...for a Healthier You!™

June 2015

### Father's Day gifts can be fun but also encourage a Healthy Lifestyle!

#### **Fitness Gifts**

Obviously, getting some physical activity is good for people of any age, so use your Father's Day gift to encourage your dad to get moving. Even if he's fallen out of the habit of exercising regularly, a new piece of equipment might be just the thing to inspire your father to start up again.

#### **Outdoor Cooking**

A lot of guys are seasonal cooks. While they don't have much interest in the oven and the stove, they love making dinner as soon as they can lug the grill out of the garage. Think about making your dad happy with some barbecuing accessories as a Father's Day gift.

#### **Making Him Relax**

Many fathers seem to have an ingrained inability to take it easy. They just can't take a break. But as any doctor will tell, relaxation is important, both for your physical and mental health. So think about a Father's Day gift that will force your dad to have some fun and take some time off.

#### **Gadgets, and Odds and Ends**

If your father travels a lot, think of some things that will help him live more comfortably on the road. For instance, consider a sound machine. Many are sold as combination travel alarm clocks that will allow your dad to fall asleep each night to soothing digitally recorded wind chimes or waterfalls, no matter what motel he's staying in.

#### **Spending Time Together**

You don't have to follow the herd of early June shoppers to the mall. Instead, spending some time with your dad could be the best and healthiest gift you could give.



**Happy Father's Day to all Dads!**  
**Sunday, June 21st!**

source: [www.webmd.com](http://www.webmd.com)



Nutritional Information Provided By

Carmen Honnef, RD, CD

USConnect Staff Dietitian

[carmen@usconnect.biz](mailto:carmen@usconnect.biz)

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