



July – Lying, Climbing & Bear Crawls, Oh My!



The nice weather is here, which means many of us have a change of routine, which is definitely a good thing!

The great outdoors calls us to a variety of activities! Some of us go camping, haul the RV, ride across the province on motorcycle, spend weeks at the cottage, as well as entertain the kids and/or grandkids during their summer vacation.

Take advantage of your change in routine. See it as an opportunity to move yourself and your body in a different way. Who cares if you are making it to the gym? You shouldn't!

Lie on the floor with your kids or grandkids and roll around, play hopscotch on the driveway, jump through the sprinkler. I even suggest taking them to the park and climbing with them! Get up on those monkey bars and do your best to find your way through the play structure! Blow bubbles at the beach, do somersaults in the sand!

The nice weather does not last long too long. So, walk, bike and enjoy every second OUTSIDE of the gym. However, do not forget to return in September for another fabulous MVP 'Vitality for Vets' schedule to keep you fit, engaged and connected!

My write up for you this month is brief – so you can get back to doing things outside!

**Until next time,
Kerri**

Don't forget to join the private MVP+ Facebook Group!



Connect with Kerri!

Let Kerri know your thoughts, please take a moment to fill out the [MVP+ Program Evaluation Form](#) so we can continue to improve this great program.

10 Tips for Planning Meals on a Budget

Are you trying to save money on your food bill but don't want to compromise on nutrition? If so, start by planning your meals for the next few days or week ahead. It takes a... [Read more](#)



A Word From our Sponsor

Military families face unique challenges during relocations due to



their service commitments. Military Veteran real estate with help from mortgage agents have emerged... [Read More](#)

Contest

Tell us your kids' or grandkids' favorite summer outdoor activity for your chance to win a summer fun gift pack!

[Begin](#)

Contest only allows for those participating to win once each fiscal year.

Congrats to last month's winner, P. Vanderberg!!



MVP+

11 Navy Way, Kingston
Ontario K7K 7B4 Canada

You received this email because you signed up to

receive our monthly eNewsletter.

[Unsubscribe me](#)

