

5 Healthy Tips for Grandpa

Month of June



Grandpas are often busy engaging in activities with their grandchildren or mowing the lawn. In honor of Father's Day, here are five quick tips on how all grandpas can kickstart some healthy habits and be sure to have sufficient vitamins, minerals, and energy every day!

1. Eat Healthy
2. Drink Your Milk!
3. Increase Your Vitamin D Intake
4. Get Enough Sleep
5. Get Regular Exercise

Come check out our free Fit and Fall Proof™ exercise program so you can continue to enjoy the activities you love with the people you love. Find a class near you at: <https://eiph.id.gov/healthy-living/fit-and-fall-proof/class-schedule/>

Click the link below to see how to put these healthy habits into action!
<https://dariusforoux.com/grandfather-habit-forming/>

Happy Father's Day from Eastern Idaho Public Health!