



# TIPS FOR A UK SUMMER HOLIDAY

Faced with overseas travel restrictions and tight budgets, many of us will have abandoned our original holiday plans for this year. But the UK has plenty to offer - it's among the top 10 most-visited countries on Earth. Here's some ideas...



## Hit the beach

Go for a paddle or swim, fly a kite, go rock pooling or just relax in a deckchair.



## Discover local food producers

Use your staycation to discover local food producers - it could be a new small brewery, a cheese maker, fruit farm or bakery.



## Have a city break

Britain's towns and cities offer a compelling mixture of entertainment, culture and history all wrapped up in one convenient package.



## Plan fun activities at home

Get the paddling pool out, pitch a tent and sleep in the garden, learn new skills such as cooking or baking together... there are a host of possibilities.



## Go green

Explore stunning forests, mountains, National Parks, rivers, lakes and Areas of Outstanding Natural Beauty. Hike, bike, or just take a stroll and a picnic.



## Switch off

Think of your staycation as a 'proper' holiday. Switch off your work phone, don't read work emails, ditch the alarm clock, and treat yourself to different experiences.

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# WATER YOU DRINKING?

Water makes up over two-thirds of the human body so it's important that you consume enough fluid to stay hydrated. Here are some healthy choices and ones to watch...

## THE BEST...



Water delivers fluid without adding calories or damaging teeth. If you don't like plain water, try sparkling water or add a slice of lemon or lime.

## GOOD...



Milk is a source of water but it also contains saturated fat so choose semi-skimmed or skimmed.



20% of our total water intake is from food. Some foods have a high water content, especially fruits and vegetables, which are usually more than 80% water (e.g. watermelon, strawberries, tomatoes, etc)

## WATCH OUT...



Soft drinks, tea & coffee, fruit juices/smoothies, energy/sports drinks, and alcohol.



All of these contain water but can be high in sugar, high in caffeine, calorific or a diuretic.

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