

Healthy Living with BHT

Your Business Health Trust

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Summer Fun Goes Hand-in-Hand with Wellness

Living in Washington state means getting outside in any kind of weather, but summer's longer and (usually) drier days help bring out the weekend warrior in all of us.

With its focus on wellness, the [Business Health Trust](#) (BHT) hopes you will be among Washingtonians heading outdoors throughout the summer. We have just the encouragement you need to lead an active lifestyle and make other healthy choices with the below links from our wellness partners:

10 Breathtaking Washington Hiking Trails

Whether you're new to hiking or a seasoned veteran of Washington's expansive trail network, you'll be encouraged to get outside with these [10 Breathtaking Washington Hiking Trails](#) recommended by Kaiser Permanente providers.

Finding Care After Hours

An active summer can make it difficult to stay on top of your typical weekday tasks, like going to the doctor. The Washington Health Alliance makes it easy for you to find medical resources in a pinch with this article on [Finding Care After Hours](#).

The Secret to Healthy Grilling

You've likely heard about the possible negative health effects of eating barbecued food, but these tips from Premera Blue Cross on [The Secret to Healthy Grilling](#) can help you feel good about pulling out the barbecue.

Don't Let Change Divert Your Path to Well-Being

Change impacts all aspects of life, whether it brings a chance to self-improve or self-destruct. Explore ways to manage change more successfully in the free Wellspring webinar "[Emotional Support: Staying Balanced in a Changing World](#)" (website login is "BHT").

Looking for a Clinic Offering Day Surgeries?

You can shop around by price, location and service for minor and cosmetic day surgery procedures via the free [RokketMed](#) mobile app.

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