

# Your Best Defense Against a Sweaty Summer

School's out, the temperature's up, and everyone's ready for vacation mode. The key is balancing that well-deserved downtime with a healthy mix of physical activity. Try these tips from Tide® to keep your family on the move—and smelling great, too!



## Summer Fever

Get ready for the summer games with a series of backyard activities, from the traditional (tug-of-war) to the light-hearted (cartwheeling).

## Training Buddies

Sign up for a race and train together as a family. Motivate each other as you build endurance, push through obstacles, and get closer to your goals.

## Breakfast of Champions

Instead of driving to your favorite breakfast spot, walk, jog, or bike it and really work up an appetite.

## Team Effort

Show your family spirit by going head to head against your neighbors in a game of dodgeball, kickball, or extreme Frisbee.



+  
Downy

## Odor Defense Collection

Go for the win with laundry this season! The **Tide and Downy Odor Defense™** Collection eliminates odors at the source and keeps them from coming back, wash after wash.



**TIDE TIP** After you sweat it out, use **Tide Pods + Febreze Odor Defense™** to fight tough, set-in odors for a brilliant clean.

**TIDE TIP** Fight stubborn smells with **Tide Odor Rescue with Febreze Odor Defense™**. The in-wash laundry booster helps eliminate odors at a fiber level for a deep clean.

**TIDE TIP** **Downy Fresh Protect with Febreze Odor Defense™** neutralizes odors for 24 hours so that you can focus on your next activity.

Keep out of reach of children.

Learn more at [tide.com](http://tide.com).



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