Healthy Summer Tips

1. Stay Hydrated!

- **Why it's important:** Hot weather can quickly dehydrate you. Make sure to drink water regularly, even if you're not thirsty. Dehydration can cause fatigue, headaches, and even heatstroke.
- **Tip:** Carry a reusable water bottle with you and set a reminder to drink every hour. If you're active, increase your intake and enjoy water-rich fruits like watermelon or cucumbers.

2. Protect Your Skin from the Sun

- **Why it's important:** Prolonged sun exposure can lead to sunburn, premature aging, and increase the risk of skin cancer.
- **Tip:** Apply a broad-spectrum sunscreen with SPF 30 or higher every 2 hours, and after swimming. Don't forget areas like the ears, neck, and back of your hands. Wear protective clothing like hats and sunglasses and seek shade during the peak sun hours (10 AM to 4 PM).

3. Get Active and Stay Fit

- **Why it's important:** Regular physical activity boosts your energy, helps you maintain a healthy weight, and keeps your heart strong.
- **Tip:** Take advantage of the sunny weather by engaging in outdoor activities like biking, swimming, hiking, or playing sports. Even a walk around the neighborhood or a visit to the park counts!

4. Enjoy Nutritious Summer Foods

- **Why it's important:** Summer offers an abundance of fresh fruits and vegetables that are packed with vitamins, minerals, and antioxidants.
- **Tip:** Incorporate seasonal produce into your meals, like berries, cherries, tomatoes, leafy greens, peaches, and melons. Make colorful salads, smoothies, or grilled veggie skewers.

5. Get Enough Sleep

- **Why it's important:** Hot nights can interfere with sleep, but quality rest is crucial for your overall health, mood, and energy levels.
- **Tip:** Keep your bedroom cool by using fans, light bedding, or opening windows. Try to establish a consistent bedtime routine to help regulate your sleep cycle, even during the summer months.