

WELLNESS TIPS FOR *Summer*

Summer is a fun time of year when people often spend more time outside and with friends. With this increased activity comes the need to reconsider the usual wellness habits you use throughout the rest of the year. There are several ways to ensure you have a healthy, fun and productive summer. During the summer months, here are some reminders:



Stay inside during extreme heat.

While it's still important to get outside during the summer, you should beware of excessive temperatures. Extreme heat can be especially dangerous for older adults and young children. Stay inside during high heat to avoid heat exhaustion, heat stroke and other heat-related illnesses.



Protect yourself from the sun.

Avoid excessive sun exposure and harmful ultraviolet (UV) rays, which are at their highest from 10 a.m. to 4 p.m. If your job requires you to be in the sun, try to wear larger sun hats and clothing that keeps your body shaded. In addition, use sunscreen; the Centers for Disease Control and Prevention (CDC) recommends sunscreen with a sun protection factor of at least 15.



Drink plenty of water.

Heat exhaustion is usually the result of not staying hydrated in hot weather. Drink plenty of water, around eight to 10 glasses per day, to help keep your body cool and avoid heat-related illness.



Eat summer foods.

Try to avoid more fatty foods in summer and aim to eat lighter, more refreshing things to avoid feeling tired throughout the day. Enjoy foods such as bell peppers, beets and other fruits and vegetables that are in season during the summer months.



Make time to exercise.

The CDC recommends at least 150 minutes of aerobic physical activity every week. Exercise has immediate benefits such as increased sleep, decreased blood pressure and lowered anxiety. It also has several long-term benefits, including increased brain health and a lower risk of several types of cancers. However, be careful during hot weather. To ensure you reap those benefits even when the weather is hot, you should plan for indoor workouts. Some options include an at-home yoga session or a stroll on the treadmill at the gym.



Take a vacation to prevent burnout.

To stay productive, you need to take breaks and recharge periodically. Working nonstop can actually decrease motivation and productivity. Be sure to use your vacation this summer to refresh so you can return to work with renewed energy. Plan ahead and talk with your manager now to ensure you take a break.

With the change of weather and activity that summer often brings, it's still important to prioritize your well-being even though your routine may differ from other times of the year. Contact your employer for more wellness tips and related content.