

Staying Active Outdoors



*During the
Summer Months*

Stay cool, comfortable, and confident
while enjoying the outdoors and
supporting your lymphatic health.

A PRACTICAL GUIDE FOR



People Living with
Lymphedema & Lipedema



Consistency matters more than where you exercise.

SUMMER REMINDER:
MOVEMENT IS MEDICINE FOR YOUR LYMPHATIC
SYSTEM.

THE BEST EXERCISE IS THE ONE YOU CAN DO
CONSISTENTLY AND COMFORTABLY.

LISTEN TO YOUR BODY, PLAN AHEAD, AND
ENJOY THE OUTDOORS IN A WAY THAT
SUPPORTS YOUR HEALTH.

**THIS RESOURCE IS FOR EDUCATIONAL PURPOSES
ONLY AND IS NOT A SUBSTITUTE FOR MEDICAL
ADVICE. ALWAYS CONSULT YOUR HEALTHCARE
PROVIDER OR CERTIFIED LYMPHEDEMA
THERAPIST REGARDING YOUR INDIVIDUAL NEEDS.**



Track My Lymph Journal

Made by an Occupational and Lymphedema Therapist

FEATURES INCLUDE:

- DAILY LOGS FOR COMPRESSION USE, SELF MASSAGE, SKIN CARE, EXERCISE, PNEUMATIC COMPRESSION PUMP USE, PAIN SCALE, AND MORE!
- ARM AND LEG LIMB MEASUREMENT PAGES TO EASILY TRACK SWELLING.

AND MORE!



WHETHER YOU'RE NEWLY DIAGNOSED OR MANAGING CHRONIC SYMPTOMS, THIS JOURNAL EMPOWERS YOU TO STAY ORGANIZED, INFORMED, AND IN CONTROL.

TRACK SMARTER. FEEL BETTER. LIVE FULLY.

AVAILABLE ON AMAZON,
COMPRESSION GURU, AND ETSY

Why Heat Can Affect Swelling

HOT TEMPERATURES CAN CAUSE BLOOD VESSELS TO EXPAND, WHICH MAY INCREASE FLUID BUILDUP IN THE TISSUES. IF YOUR LYMPHATIC SYSTEM IS NOT WORKING EFFICIENTLY, YOU MAY NOTICE:

- **INCREASED SWELLING**
- **HEAVINESS, FULLNESS OR TIGHTNESS IN YOUR LIMBS**
- **MORE DISCOMFORT, ACHE OR LESS TOLERANCE FOR WEARING COMPRESSION GARMENTS**
- **FASTER FATIGUE DURING ACTIVITY**

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10 Tips for Safe Summer Movement

1. CHOOSE COOLER TIMES OF DAY

PLAN WALKS AND OUTDOOR ACTIVITIES:

**EARLY MORNING & EVENING AFTER
TEMPERATURES COOL DOWN**

**AVOID THE HOTTEST PART OF THE DAY WHEN
POSSIBLE**

**BREAK UP YOUR EXERCISE SESSIONS TO A
SHORTER MORNING AND SHORTER EVENING
SESSION IF NEEDED TOO**

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2. FIND SHADE

CHOOSE SHADED ROUTES WHENEVER POSSIBLE:

TREE-LINED PATHS

PARKS

NATURE TRAILS

COVERED WALKING AREAS

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3. STAY HYDRATED

BRING WATER WITH YOU

DRINK REGULARLY BEFORE, DURING, AND AFTER
ACTIVITY

INSULATED REUSABLE WATER BOTTLES WORK
GREAT TO KEEP WATER COOLER LONGER

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4. BREAK ACTIVITY INTO SMALLER SESSIONS

INSTEAD OF ONE LONG WALK, TRY:
TWO SHORTER WALKS

SEVERAL MOVEMENT BREAKS THROUGHOUT THE
DAY

SMALL AMOUNTS OF MOVEMENT ADD UP!

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5. TRY WATER-BASED EXERCISE

SWIMMING AND AQUATIC EXERCISE CAN BE EXCELLENT SUMMER OPTIONS.

THE PRESSURE OF THE WATER PROVIDES A GENTLE, FULL-BODY COMPRESSION EFFECT WHILE ALLOWING YOU TO MOVE WITH LESS STRESS ON YOUR JOINTS.

HAVE YOU LOOKED INTO YOUR LOCAL AQUATIC CENTERS, GYMS, OR HEALTH FACILITIES?

YOU CAN START AQUATIC EXERCISE AT ANY LEVEL. NEVER SWIM ALONE!

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6. DRESS FOR THE WEATHER WEAR:

LIGHTWEIGHT, BREATHABLE CLOTHING

MOISTURE-WICKING FABRICS

SUN PROTECTION SUCH AS HATS AND SUNSCREEN

ASK YOUR LYMPHEDEMA THERAPIST IF YOU HAVE QUESTIONS ABOUT COMPRESSION OPTIONS DURING HOT WEATHER.

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7. PACK COOLING SUPPLIES

CONSIDER BRINGING:

COOLING TOWEL

WATER BOTTLE

PORTABLE FAN

SUNSCREEN

COOLING NECK WRAP

EXTRA SUPPLIES IF NEEDED

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8. CHOOSE COMFORTABLE OUTDOOR ACTIVITIES

MOVEMENT DOES NOT HAVE TO MEAN A LONG WALK. CONSIDER:

GARDENING DURING COOLER HOURS

NATURE PHOTOGRAPHY

BIRD WATCHING

GENTLE HIKING

OUTDOOR STRETCHING

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9. LISTEN TO YOUR BODY

SLOW DOWN OR STOP IF YOU NOTICE:

INCREASED SWELLING

DIZZINESS

FEELING OVERHEATED

UNUSUAL FATIGUE

INCREASED DISCOMFORT

NEVER HESITATE TO SEEK MEDICAL
HELP



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10. REMEMBER INDOOR MOVEMENT COUNTS TOO

ON VERY HOT DAYS, TRY:

INDOOR WALKING

TREADMILL

EXERCISE VIDEOS LIKE YOGA OR SEATED MOVEMENT

STRENGTH TRAINING

STRETCHING

AQUATIC EXERCISE

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