



The cicadas are here and so is the extra-heavy traffic on the expressway, but don't let that detract from having fun this summer! Before engaging in your favorite outdoor activities remember that your body may respond differently in the heat and sun. Below are a few tips for a healthy summer!



Use [SPF!](#)

While time in the sun feels great and gives you a boost of Vitamin D, a little bit goes a long way.



Keep an eye on your pee!

Although monitoring your urine color is important all year round as an easy hydration check, it's especially important in the summer when we sweat more and in some cases lose our appetite or thirst.

View the color indicator in this handy [chart](#).



Drink up!

Bored with just water? Drop a few pieces of lime, lemon or cucumber to your bottle to jazz things up. Carbonated beverages taste refreshing but can reduce your ability to absorb fluids your body really needs (H₂O) and have a dehydrating effect. Dehydration is no fun and can lead to serious health consequences such as heat exhaustion and heat stroke. Sugary beverages, caffeine, and alcohol also have a negative impact. Enjoy your favorite drinks, fizzy or otherwise, but keep tabs on what goes in and what comes out!

Here are two good reads: Heat, click [HERE](#). Hydration, click [HERE](#).



Manage expectations but do keep moving!

You'll sweat more from the heat so listen to your body! (*I went for a run the other day and it was really humid. I was excited for my 5-miler, but about half-way through I realized it was going to be a 3-miler instead.*) And remember that what you eat and drink plays a critical role in how you feel during the day, during your workouts, and how well you sleep, to name a few. Make good choices!!!



As the weather gets warmer, your appetite may change, so reach for lighter options.

Say YES to salads! Read [THIS!](#) 😊