

# STAY HEALTHY THIS SUMMER

## WITH THESE EASY STEPS

### SIMPLE SUMMER HEALTH TIPS



#### Drink Lots of Water

To avoid dehydration, it's important to drink water before, during and after physical activities. Not getting enough fluid is not only bad for your health, it can also make you crave food without actually being hungry.



#### Hydrate in More Ways than One

Tired of drinking water? Try adding healthy, low-calorie flavour to your drink, like fruit slices, mint leaves or a refreshing dash of lemon. Alternatively, swap water for a glass of iced tea, coconut water or a juicy fruit.



#### Protect Your Skin

To limit your exposure to harmful UV rays, avoid going outdoors without wearing sunscreen. Wear at least SPF15 and reapply it every 2-3 hours. You should also wear a wide-brimmed hat and, if possible, stay out of the sun during peak hours - between 10a.m. and 3p.m.



#### Wear Protective Eyewear

Remember to protect your eyes from the sun too. Try to wear sunglasses that block out ultraviolet rays. This helps to prevent cataracts and eye wrinkles.



#### Avoid Heatstroke

Exposed to too much heat, your body may find it difficult to regulate its own temperature, making you feel faint or feverish. To prevent this from happening, avoid doing intense physical activity in the afternoon and wear lightweight, light-coloured, breathable clothes.



#### Exercise Regularly

Don't let higher temperatures stop you from staying fit. Simply try and exercise before the sun rises or work out indoors. This is a great time to join a gym or use your old exercise DVDs again.



#### Stay Safe While Swimming

Most important is never to swim alone and never to leave children unattended. You also should ensure that your pool is enclosed with a fence and gate you can lock, and avoid jumping or driving into the shallow end.



#### Eat Healthy at the Beach

If you're swimming at the beach, try and avoid unhealthy food stands and ice cream vendors by preparing a cooler box of healthier snacks instead. These can include cold, bottled water, sandwiches, kebabs, yoghurt and fresh fruits and veggies.



#### Go On Holiday

Spoil yourself with the slower pace of a relaxing vacation. It has many health benefits. It can lower your blood pressure and stress levels, which lowers your risk of developing heart disease.



#### Maintain Your Sleep Routine

Don't let summer's longer days tempt you into staying awake for longer too. Good health still depends on getting enough rest. So try to maintain a steady bedtime and wake-up time.

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