



SUMMER HEALTH TIPS

Summertime is many peoples favorite season of the year. The warmer temperatures bring forth seasonal activities and with many people being on summer break, it allows time to get together with friends and family. Here are some tips to help keep you safe and active this summer.

Fresh Produce

Summer is a great time for fresh seasonal produce. Enjoy fruits and vegetables this summer as a part of your daily food consumption. Visiting a local farmers market is a great way to get access to fresh produce!



Swimming

Lakes and pools are a great way to cool down in the summer. Enjoy a dip in the water on those extra hot days for a refreshing experience. Don't forget to apply your sunscreen!



Bug Bites

During the summer months, bug bites can be a common annoyance. To minimize the discomfort and potential health risks associated with bug bites, it's important to take some precautions.



Firstly, apply insect repellent containing DEET or other recommended ingredients to exposed skin and clothing. Wearing long-sleeved shirts, pants, and socks can also provide added protection.

Avoid areas with high insect activity, especially during dawn and dusk when mosquitoes are most active. If you do get bitten, resist the urge to scratch, as it can lead to infection. Instead, use over-the-counter creams or ointments to alleviate itching and swelling.



If you experience severe reactions or symptoms, such as difficulty breathing or swollen lips, seek immediate medical attention. By following these tips, you can enjoy a bug-bite-free summer while protecting your health.

Sleep and Rest

Summer activities can throw our routines off sometimes, but it is important to aim at getting 7-9 hours of sleep every night. Keep your room cool for a more comfortable sleep. Being well rested will allow you to have more energy throughout the day.



Exercise

Working out during hot temperatures can be uncomfortable. Staying active during the summer is essential for maintaining good health. To make the most of your exercise routine in the summer heat, it's crucial to take some precautions.



Firstly, choose the cooler parts of the day, such as early morning or late evening, to avoid excessive heat. Stay hydrated by drinking plenty of water before, during, and after your workout.

Dress in lightweight and breathable clothing, and apply sunscreen to protect your skin from harmful UV rays. Consider indoor activities or water-based exercises like swimming to stay cool.



Listen to your body and take breaks as needed to prevent overheating or exhaustion. With these summer exercise tips in mind, you can enjoy the benefits of physical activity while keeping yourself safe and healthy.

H₂O HYDRATION

STAYING HYDRATED IS VITAL

Drink Water Regularly

Make it a habit to drink water throughout the day, even when you're not feeling thirsty.

Infuse with Flavor

If plain water seems dull, infuse it with natural flavors like lemon, cucumber, or mint.

Monitor Your Urine Color

A useful indicator of hydration is the color of your urine. Ideally, it should be pale yellow or clear.

Include Hydrating Foods

Many fruits and vegetables have high water content and can contribute to your overall hydration.



HANFORD
740 N. Irwin St.
Hanford, CA 93230
559.272.9551
www.healthwise.clinic

VISALIA
4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549
www.healthwise.clinic