

Keep Cool This Summer

With summer fun comes a lot of potential health and safety challenges. Take a few minutes to read these tips to stay safe.

- **Outdoor Activities**

- Limit your outdoor activity, especially midday when the sun is hottest.
- Pace your activity. Start activities slow and pick up the pace gradually.

- **Hydration**

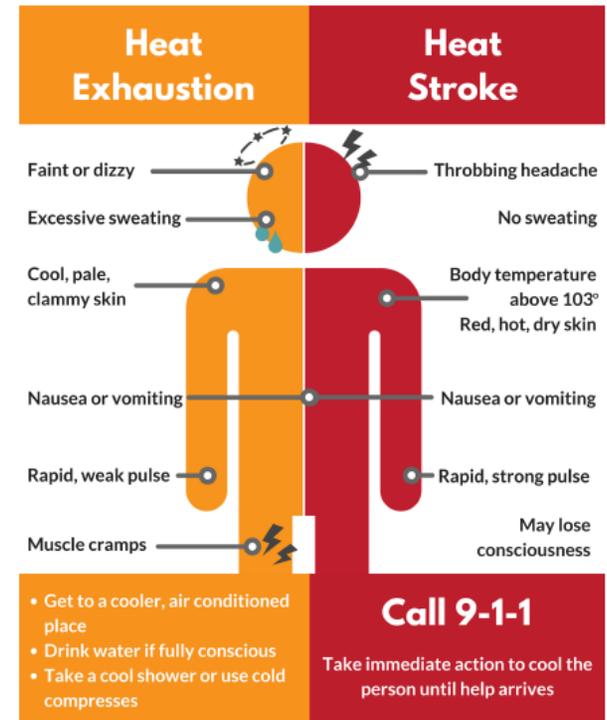
- Drink plenty of fluids even if you don't feel thirsty. Muscle cramping may be an early sign of heat-related illness.
- For men, the Institute of Medicine (IOM) recommends a total of 13 cups of fluid each day. For women, they suggest 9 cups of fluid each day.
- Stay hydrated by enjoying a variety of beverages, as well as eating foods that have a high-water content, such as fruits and vegetables. For drinks, focus on unsweetened beverages, like water, in order to limit calories from added sugars.
- Make a goal and track your water intake daily with the [48-A-Day Water Challenge](#).
- Try [Fruit Infused Water](#) for variety!

- **What to Wear**

- Wear loose, lightweight, light-colored clothing.
- Put on sunscreen and a wide-brimmed hat to protect your skin from the sun.

- **Prevent Heat-Related Illnesses**

- Seek medical care right away if you have symptoms of heat-related illness.



July Health Observances

[Park and Recreation Month](#)
[UV Safety Month](#)

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