

# BEAT THE HEAT



## Tips for staying cool and healthy this summer:

- Stay hydrated ~ If you are thirsty...you are already dehydrated
- Do yard work and workouts when it's cool out ~ Early morning and evening are best
- Wear sunscreen ~ Apply SPF of at least 15 thirty minutes prior to going outdoors and reapply often
- Wear loose fitting, light colored clothing ~ Light colors absorb less heat from the sun

### Hydration Tips:

- Drink at least 8 glasses of water per day
- Drink 8-10 oz. of water every 15 minutes during a run and another 10-12 oz. immediately following your workout
- When packing your car for a weekend trip, don't forget to include water in the cooler
- Avoid substituting alcohol, soda, coffee or juice as a proper beverage to prevent dehydration. Caffeine and alcohol may speed up dehydration
- Remember to provide beverages for your children during sporting events and outings

### Signs of Dehydration:

- Noticeable thirst
- Muscle cramps
- Weakness or decreased performance
  - Headache
  - Nausea
  - Fatigue
- Lightheadedness or dizziness
- Difficulty paying attention