

## Steps to Staying Healthy in the Summer

Summer is a time of get togethers, bbq's and the occasional getaway, which is fun, but can make it easy to get off track with a healthy lifestyle and even make you sick.

If your summer plans revolve around any of these activities, here are 7 ways to ensure you stay healthy this summer.

1. **Get outside to exercise.** Pick an outdoor activity—go on a hike, take a nature walk, or go cycling, roller blading or swimming with your kids.
2. **Give your diet a berry boost.** Have a cup of mixed berries like blackberries, blueberries, or strawberries every day. They will load you with antioxidants which help prevent damage to tissues and reduce the risk of age-related illnesses. Also, berries are rich in fiber which helps keep cholesterol levels low.
3. **Be good to your eyes.** Protect your eyes while at work and play with protective eyewear. Wear sunglasses with 99% UVA and UVB protection to help prevent cataracts and wrinkles around the eyes.
4. **Take a vacation.** Improve your heart health and take a vacation! Vacations can have multiple benefits by lowering your blood pressure, heart rate, and lowering stress hormones such as cortisol, which can contribute to a widening waist and increased risk of heart disease.
5. **Embrace “healthier” BBQ’s.** Rather than the traditional burgers and brats, embrace healthier options such as grilled chicken and fish. Try grilled fruits and veggies for a fresh side dish.
6. **Hydrate, hydrate, hydrate.** Because alcohol does not replenish water stores and dehydrates the body it is important to drink a glass of water after every glass of alcohol. Also, drink at least 64 ounces of water daily and even more if exercising or outdoors for more than a few hours. For every hour in the sun, drink at least 1-2 glasses of water. This can prevent dehydration and replenish energy levels while soaking in the sun rays.
7. **Eat breakfast.** Without proper nutrition first thing in the morning, the body can wilt in the summer sun and can potentially lead to heat overexposure, dehydration and fainting. Eating a healthy breakfast can help prevent these risks and help kick start the day with more energy.



<https://www.bistromd.com/health-tips/6-ways-to-stay-healthy-this-summer>

<https://www.webmd.com/women/features/8-summer-steps-for-healthy-living#2>

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