



Healthy Habits

Tips and resources for living well



July 2015

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Stay properly hydrated

One of the most important ways you can stay cool and healthy this summer is by being properly hydrated. If you're exercising in the heat and not drinking enough water, you could be at risk of heat exhaustion or even heat stroke.

Try these strategies to help keep yourself well-hydrated:

- Choose water over other beverages. It's calorie-free, and your body craves it!
- Add herbs like mint for additional flavor.
- Avoid alcohol and caffeine—if consumed in excess, they can cause dehydration.
- Drink water, instead of sugar-sweetened beverages, with meals.
- Drink water before, during, and after exercise.



Stay active this summer! Ideas from our members

Physical activity is essential for good health, but a busy schedule may interfere with planned exercise. Fitting a quick 10-minute bout of activity into your downtime is an effective strategy to add exercise to your day. We recently asked some of our members how they turn their downtime into time for fitness, and we're sharing a few of our favorite responses with you. Try one of these helpful ideas!

"I take the last 10 minutes of my lunch break and go walking outside at a fast pace." —**Ben**

"I jog outside instead of sitting down on the couch after dinner." —**Megan**

"Wake up earlier! Now I start my day with a 10-minute walk." —
Darnell

Shield your skin this summer

Your skin is your body's largest organ and its first line of defense. Protecting your skin from sun damage helps to prevent breaks and blisters that could get infected, reduce your chances of developing skin cancer, and slow the signs of premature aging. Stay safe in the sun by following these tips:

- **Choose sunscreen wisely.** The American Cancer Society recommends using sunscreen with a minimum of SPF 30, labeled as "broad spectrum protection" to filter both UVA and UVB rays.
 - **Wear sunscreen often.** And be sure to apply it generously!
- **Want to keep using last season's sunscreen?** Check its expiration date. Sunscreen expires after 2-3 years and loses its effectiveness over time.
- **Wear a hat.** Hats can provide added protection for your scalp, forehead, nose, eyes and ears.
- **Purchase sunglasses that protect against UV rays.** Sunglasses that offer UV protection will have labels stating so. If you don't

see this label, they will not protect your eyes or the sensitive skin around them.



Need quick stress relief?

Go for a five-minute walk, try deep breathing, or chat with a friend

You asked, we answered

How can I stay safe while exercising this summer?

Summer is a great time to bring your exercise outdoors. Biking, swimming, walking and jogging routines can be more enjoyable in the summer months. But you'll need to take a few extra precautions to stay safe in the heat and sun. These tips can help you stay safe:

- ✓ **Check with your doctor first** to ensure exercising in the summer heat and sun is safe for you to do.
- ✓ **Stay hydrated.** Drink water before, during and immediately after exercise.
- ✓ **Protect your skin.** Wear sunscreen or protective clothing.
- ✓ **Protect your eyes with sunglasses.** The sun can damage your eyes. Squinting impairs vision, which may increase your susceptibility to accident or injury.
- ✓ **Dress appropriately.** Wear reflective gear if you're exercising at dawn or dusk. Aim to buy workout clothes that are breathable and, if possible, made of wicking fabric.
- ✓ **Choose the right time.** Avoid exercising when it's really hot out. During summer, it's best to work out in the early morning or later in the afternoon or evening.
- ✓ **Safety first.** Exercise with a buddy, obey traffic rules, be alert to your surroundings, and wear a helmet when biking or rollerblading.
- ✓ **Listen to your body.** If you feel dizzy, faint or unusually tired while exercising outdoors, stop your workout immediately.