

Wellness Tidbits



TOO MUCH FUN IN THE SUN?

Summer is the time of year when many of us enjoy the great outdoors. Unfortunately, along with fun in the sun comes an increased risk of heat stroke or exhaustion. Heat related illnesses can be a threat to your health, regardless of age. The best thing we can do for heat related illness is to prevent it by taking these steps to stay safe in the heat:

- ◆ **Drink plenty of water**—In hot weather, drink enough to quench your thirst. The average adult needs eight 8-ounce glasses of water a day—more during heat spells.
- ◆ **Dress for the weather**—When outside, wear lightweight clothing made of natural fabrics and a well-ventilated hat.
- ◆ **Stay inside if possible**—Do errands and outside chores early or late in the day.
- ◆ **Eat light**—Replace heavy or hot meals with lighter, refreshing foods.
- ◆ **Think cool!** Take a cool shower or apply a cold compress to your pulse points. Try spending time indoors at an air-conditioned mall or movie theater.



Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question:

True or False

Dressing in lightweight clothing does not help prevent heat stroke or exhaustion.

**ANSWER FITBIT®
CHALLENGE HERE!**

