

STAYING HEALTHY AND PHYSICALLY EXCELLENT [SHAPE] DURING THE SUMMER

As the temperature rises and the sun shines brighter, summer beckons us to embrace outdoor activities and bask in the glory of nature. With longer days and a more relaxed atmosphere, it's the perfect time to prioritize our health and well-being. Here are some essential tips to help you stay healthy and enjoy this vibrant season.

- **Stay Hydrated:** The scorching Utah summer heat can quickly lead to dehydration, so drinking plenty of fluids is crucial. Opt for water, fresh juices, coconut water, or herbal infusions to replenish lost fluids and keep your body cool. Avoid sugary and carbonated drinks that can dehydrate you further.

- **Protect Your Skin:** The sun's rays in Utah can be harsh during summer, so safeguard your skin from harmful UV radiation. Apply a broad-spectrum sunscreen with a high SPF before heading outdoors, even on cloudy days. Remember to reapply every few hours, especially if swimming or sweating.

- **Eat Fresh and Light:** Summer brings an abundance of delicious seasonal fruits and vegetables, making adopting a healthy eating routine easier. Include a variety of colorful fruits, vegetables, whole grains, and lean proteins in your diet.

- **Exercise Outdoors:** Take advantage of the pleasant Utah weather by incorporating outdoor activities into your fitness routine. Engage in activities you enjoy, such as swimming, cycling, hiking, or playing sports like tennis or volleyball. These activities keep you active and allow you to soak up some vitamin D and enjoy the beauty of nature.

- **Prioritize Rest and Sleep:** Amidst all the summer fun, it's crucial to prioritize adequate rest and sleep. Long days may tempt you to stay up late, but maintaining a consistent sleep schedule is vital for your overall well-being. Aim for seven to eight hours of quality sleep each night to recharge your body and mind. You deserve rest after a long, challenging year of teaching.

- **Practice Sun Safety:** While enjoying the sun is important, it's equally important to protect yourself from its harmful effects. Limit exposure during peak hours (typically between 10 a.m. and 4 p.m.) when the sun's rays are the strongest. Seek shade, wear protective clothing, and use sunglasses to shield your eyes from ultraviolet rays.

- **Stay Mindful of Mosquitoes:** Summer is also the season when mosquitoes thrive, so take precautions to avoid mosquito bites. Use mosquito repellent when spending time outdoors, especially during dusk and dawn when mosquitoes are most active.

- **Stay Cool and Beat the Heat:** Extreme heat can affect your health, so keep yourself cool and comfortable. Stay in air-conditioned spaces whenever possible or use fans to circulate the air. Take cool showers or baths, wear loose and breathable clothing, and carry a portable handheld fan for instant relief.

By following these simple yet effective tips, you can stay healthy and active. Embrace the season's opportunities for outdoor adventures, nourish your body with fresh foods, and take care of your well-being.

The Utah SHAPE committee members hope you have a wonderful, health-filled summer! —



Dr. Tim Best
Past SHAPE-Ut President



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