

TIPS TO BEAT THE HEAT

Several things can factor in when it comes to beating the heat during those hot summer months. While maintaining a healthy lifestyle is key when it comes to keeping your body cool and hydrated through the summer months; the way you dress and sunscreens you use can make a difference as well.

WHAT TO WEAR

The way you dress can go a long way towards keeping you comfortable when you're outside in the heat. Make sure you bring:

LIGHT-COLORED CLOTHES

A white linen shirt intelligent for hot, sunny days. Dark clothing absorbs more heat, and tight clothes don't let sweat — your body's natural cooling system — evaporate.

SUNGLASSES

They prevent harmful ultraviolet (UV) rays from burning your corneas and protect your eyes for many more summers to come. Choose sunglasses that block 90 to 100 percent of UV rays.

HATS

Wearing a wide-brimmed hat prevents UV rays from hitting the sensitive spots on your face and keeps your skin looking young and wrinkle-free.

SUNSCREEN

When outdoors, use sunscreen with an SPF rating of at least 30. Use a higher-rated, waterproof sunscreen if you'll be poolside or out on the beach. Don't forget to cover areas that burn easily: nose, ears, shoulders, and back of the neck.

LIP BALM

Just like sunscreen protects the rest of your skin, a lip balm with SPF protection blocks out the sun and keeps in moisture for your lips.

HOW TO STAY HYDRATED

The heat makes you sweat, which cools you down, but that also means you're constantly losing fluid. Here's how to stay hydrated:

WATER

Don't wait until you're thirsty! Drink water throughout the day to prevent dehydration or over exhaustion. Use the color of your urine to guide if you're hydrated enough — the clearer the better.

JUICE

All natural juice without added sugar not only provides hydration but also important nutrients to keep you active in hot weather. Check the label on the juice bottle and make sure it says "100 percent juice with no sugar added."

CAFFEINE

While a nice cup of coffee sounds good in the morning, caffeine sucks the moisture out of you. On extremely hot days, try to avoid it as much as possible.





WHAT TO EAT

The food you eat can also help you stay cool. Try adjusting your diet so that it includes:

FRUITS AND VEGETABLES

Fruits and vegetables are easy to digest and often high in water content. Salads and other dishes rich in seasonal produce will keep you feeling light and hydrated.

SPICY FOODS

Popular in warm climates, the tingling feeling and accompanying sweat caused by spicy foods has a purpose; the sweat actually cools your body down.

LOW-FAT MEATS

Fat takes longer for your body to digest and carries a higher salt content, which can add extra strain on your body when you need it maximized for efficiency.

Aside from wearing appropriate clothing and watching what you eat or drink, the times you choose to go outside can make a difference.

WHEN TO STAY OUT OF THE SUN

Avoid peak hours of sunlight when the temperatures and UV rays are at their highest, normally between 10 a.m. and 2 p.m. That's the best time to head inside, get food and water, let your body cool down, and maybe even take a nap.

When heat and humidity are at their highest, it's never a bad time to take a break. Water sports are especially tricky because you can easily become overheated without realizing it. When in doubt, take a breather.

WHERE TO HIDE

If you live in an area where summer heat can become dangerous, pay close attention to any heat-related warnings. When it's dangerous, stay inside with the A/C or fan going. If it's not cool enough at home, find a cooling station, usually set up at public libraries and other buildings.

If you must be outside, keep your activities close to a shady spot. It can provide enough of a cool down to keep you safe. Even a small drop in temperature can make a big difference.

When it's hot and you're active, stay close to restaurants, convenience stores, or any other place that can offer cold temperatures and beverages should you need them in an emergency. If you're at the beach or pool, the cool water offers great relief from the heat.