



## STAY SAFE DURING HOT WEATHER

+HDW LV WKH ELJJHVW GDQJHU LQ WKH VX  
 KRW IRU WRR ORQJ FDQ FDXVH PDQ\ LOOQ  
 EH GHDGO\ %XW WKH ZDUPHU ZHDWKHU D  
 RSSRUWXQLWLHV WR LPSURYH \RXU KHDOV  
 most of the summer months.

TO CREATE HEALTHY SUMMER HABITS

- † R RXWGRRU DFWLYLWLHV GXULOJ WKH FR  
 LQ WKH HDUOY PRUOLOJ RU HYHOLOJ
- † Wear protective clothing such as hats, long-sleeve shirts,  
 DOG ORQJ SDQV WR EORFN RXW WKH VXO
- † 3VH VXQVUHHQ WKDW EORFN ERWK 89\$  
 8KRRVH D VXQ SURWHFWLRO IDFWRU (63)  
 SUHDEO\ 5HDSO\ IHTXHQWO
- † 3VH VXQJODVVHV WKDW EORFN ERWK 89\$
- † ZU\ WR VWD\ LQ WKH VKDGH ZKHQ RXWGRF
- † (HUFLVH LQ DO DLU FROGLWLROHG VDFH  
 workouts.
- † ULQN SOHOW\ RI OLTXLGV HVSHFLDO\ Z  
 contain alcohol or caffeine.

