

TIPS FOR STAYING ACTIVE IN THE HOT SUMMER MONTHS



BEAT THE HEAT

- **AVOID PEAK TEMPERATURE: IT'S USUALLY THE HOTTEST BETWEEN NOON AND 3 P.M.**
- **TAKE ADVANTAGE OF INDOOR FUN: TOUR A MUSEUM, GO ROLLER-SKATING, BOWLING WITH FRIENDS, OR CATCH A MOVIE.**
- **IF YOU PREFER THE OUTDOORS: VISIT YOUR LOCAL POOL, SPLASH PAD, OR WATER PARK, GO FOR A BIKE RIDE, OR TAKE OUT A CANOE OR PADDLE BOARD.**

COOL FUEL

FROZEN FRUITS

SMOOTHIES

POPSICLES

LOW FAT ICE CREAM

CHILLED VEGETABLES

WATER OR OTHER HEALTHY BEVERAGES

THINK AHEAD

PACK COLD COMPRESS FOR OUTSIDE ACTIVITIES

BRING ALONG SPRAY BOTTLES OR PORTABLE FANS

WEAR LIGHTER-COLORED CLOTHING

TAKE ADVANTAGE OF SHADY SPOTS FOR SNACKS, LUNCH, OR HYDRATION BREAKS

WEAR SUNSCREEN AND A HAT

Semper Fit's Recreation and Youth Sports Programs are available to help you stay active during the hot summer months. Connect with them today!