



# Here's How to Beat the HEAT

Stay happy and healthy this summer with these hot-weather wellbeing tips!



## Stay hydrated.

When you exercise or work outside, be sure to drink water more frequently (regardless of whether you feel thirsty)!



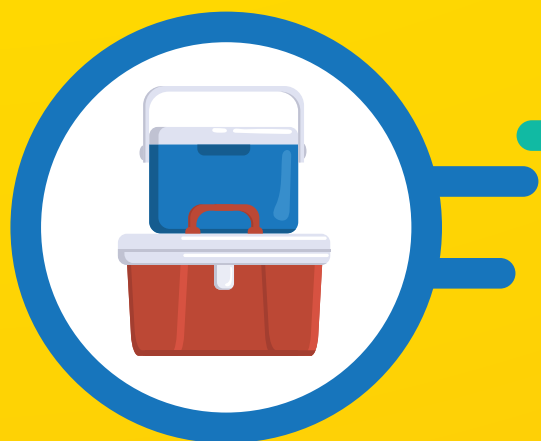
## Postpone strenuous outdoor tasks and exercising.

Avoid exercising outside between 10 a.m. and 2 p.m.



## Apply sunscreen.

Wear an SPF of at least 30 or higher and apply every 2 hours while outside.



## Practice food safety.

Marinate food in the refrigerator and keep food in a separate cooler from drinks.



## Be safe in the water.

Never swim alone and designate an adult to stay with the children at all times.



For more helpful summertime wellness tips, visit [mycare.sharecare.com](https://mycare.sharecare.com).