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WELLNESS NEWSLETTER

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Protect Your Skin This Summer! By Patricia McGee



Summer is a wonderful time to enjoy the outdoors, whether you are spending time at the beach, attending family gatherings, gardening, walking, or simply relaxing in the sunshine. While sunlight can boost mood and provide vitamin D, too much sun exposure can damage your skin and increase the risk of serious health concerns, including premature aging and skin cancer. Practicing sun safety is an important part of maintaining overall wellness during the summer months.

One of the easiest and most effective ways to protect your skin is by using sunscreen daily. Choose a broad-spectrum sunscreen with an SPF of 30 or higher to help shield your skin from harmful ultra-violet (UV) rays. Apply sunscreen generously to all exposed skin at least 15 minutes before going outside. Don't forget commonly missed areas like the ears, neck, tops of the feet, and hands.

It is also important to remember that sunscreen does not last all day. Sunscreen should be reapplied every two hours, especially after swimming, sweating, or towel drying. Even on cloudy days, UV rays can still penetrate through the clouds and affect your skin.

In addition to sunscreen, wearing protective clothing can greatly reduce sun exposure. Lightweight long sleeves, wide-brimmed hats, and UV-protective sunglasses can help protect your skin and eyes while keeping you cooler outdoors. Seeking shade whenever possible is another smart way to stay safe in the heat.

Health experts also recommend limiting direct sun exposure during peak afternoon hours, typically between 10:00 a.m. and 4:00 p.m., when UV rays are strongest. If outdoor activities are planned during these times, try taking breaks indoors or in shaded areas to avoid overheating and sunburn.

Protecting your skin is not just about appearance. It is about long-term health and prevention. Making sun safety part of your daily summer routine can help you enjoy the season while keeping your skin healthy for years to come.

A Call for Suntastic Submissions:

Please submit photos of your favorite summer hats or sunglasses!

We will post on our website

Please send photos directly to Wendy through Backline!



IT'S GREAT TO HYDRATE.

Staying hydrated benefits your body.



What is hydration?

Your body needs water to function. Hydration is the process of replacing water within your body.



What are sources of hydration?

Water is best. Water-rich foods (like fruits and veggies) also work to hydrate you.



Why is hydration important?

Staying hydrated helps your heart pump blood through the body, and helps to rid the body of waste. It also helps to regulate body temperature.



Rethink what you drink.

Avoid sugary fruit juices and sodas. (Even many "sports drinks" are high in sugar and calories.) Caffeinated beverages cause you to lose fluids and become less hydrated.



Staying well-hydrated.

Each person is different. But, in general, experts recommend about 15 and a half cups (or 3.7 liters) of fluids per day for men, and about 11 and a half cups (or 2.7 liters) of fluids per day for women. (Note that's cups, not glasses. Drinking glasses and water bottles often hold more than one cup.)



Make hydration a habit.

Our "Habit Coach" videos unpack the science behind habits.

Make good hydration a daily routine.



Stay Safe in the Summer Heat

By Mary Ann Johnson Bacchiocchi

Summer is a great time for outdoor activities, vacations, concerts, and spending time with friends, but high temperatures can become dangerous quickly if you are not careful. Heat-related illnesses like heat exhaustion and heat stroke can affect anyone — especially during long periods outside or in high humidity.

Understanding Heat-Related Illnesses

Many people assume heat illness only affects athletes or people working physically demanding jobs outdoors. The reality is that extreme heat can affect anyone — especially during high humidity or extended time outside. Heat-related illnesses occur when the body is unable to cool itself properly. The two most common conditions are heat exhaustion and heat stroke.

Heat Exhaustion is often the body's first warning sign that it is overheating.

Heat Exhaustion Warning Signs If this happens, move to a cool area, drink water, and rest.

- Heavy sweating
- Dizziness
- Headache
- Muscle cramps
- Nausea or weakness

Heat Stroke Warning Signs (*Medical Emergency*—call **911 immediately** if someone shows signs of heat stroke).

- Confusion
- Passing out
- Hot, dry skin
- Rapid heartbeat
- Trouble breathing

Tips to Prevent Heat Illness

- Drink plenty of water throughout the day, even if you do not feel thirsty
- Avoid excessive caffeine, alcohol, and sugary drinks that can contribute to dehydration
- Wear lightweight, breathable, and light-colored clothing
- Take regular breaks in shaded or air-conditioned areas
- Avoid prolonged exposure to direct sunlight during the hottest parts of the day
- Use sunscreen to protect your skin and help your body regulate temperature
- Pay attention to headaches, dizziness, cramps, or fatigue—your body may be warning you.
- Look out for friends, coworkers, and family members who may be struggling in the heat.

Heat Can Sneak Up on Anyone

You may feel fine one moment and suddenly feel weak, dizzy, or sick the next. Staying aware of the warning signs and acting quickly can prevent a minor issue from becoming a medical emergency.

Enjoy Summer — Safely

Summer should be about making memories, enjoying time with others, and staying active — not dealing with preventable health emergencies. By staying hydrated, taking breaks, and recognizing the signs of heat illness early, everyone can have a safer and healthier summer season.

Stay cool. Stay smart. Stay safe this summer!

Beating Dehydration This Summer

By Becki Fahs

Why water is important

When it's hot, it's very important to drink enough water—whether you're exercising, traveling, or just sitting outside.

Water helps your body work properly. It keeps your heart healthy by making it easier to pump blood. It also helps your muscles work better. If you drink enough, your heart doesn't have to work as hard.

What happens if you don't drink enough?

If you don't get enough water, you become dehydrated. Signs of dehydration include:

- Feeling very thirsty
- Dizziness
- Tiredness
- Headaches
- Swelling in feet

Severe dehydration can even lead to serious problems like heat stroke.

How much water do you need?

The amount of water you need depends on:

- How hot it is
- What you're wearing
- How much you exercise

Some people need more water, such as:

- People who sweat a lot
- People with certain health conditions
- People taking medications that increase urination

A good way to check hydration is by looking at your urine:

- Pale/clear = well hydrated
- Dark = drink more water

What should you drink?

- Water is the best choice for most people.
- Fruits and vegetables also help with hydration
- Sports drinks can help during intense exercise in very hot weather, but they often contain a lot of sugar
- Avoid soda, fruit juice, alcohol, and caffeinated drinks—they can make dehydration worse
- It's best to drink water before exercise or going into the sun so your body is ready.

Who needs to be extra careful?

Staying hydrated is important even if you're not exercising. Pay extra attention if you are:

- Sitting in the sun on a hot day
- Over 50 years old
- Overweight
- Traveling
- Living with a heart condition

In short: Drink water regularly, especially in hot weather, to keep your body and heart healthy.

