



5 Ways to Stay Healthy This Summer



Summer is here, and it's the perfect time to check in on your health and wellness! Whether you're soaking up the sun, tending a garden, or just trying to keep cool, a few small changes can make a big difference. Here are 5 simple tips to help you feel your best all season long:

1. Hydrate Often

With higher temps and more time outside, your body needs extra water. Carry a reusable water bottle and aim to drink throughout the day—even before you feel thirsty. Add a slice of lemon, cucumber, or a few berries for a refreshing twist!

2. Eat Fresh & Local

Summer is peak season for fruits and veggies. Look for fresh produce at local pantries, farmers' markets, or gardens. Try tomatoes, cucumbers, peaches, or leafy greens to fill your plate with color, flavor, and nutrients.

3. Move Your Body

Exercise doesn't have to mean hitting the gym! A walk in the park, bike ride, or a short stretch session in the shade can boost your mood and energy. Aim for at least 20–30 minutes a day, even in small chunks.

4. Protect Your Skin

Don't forget the sunscreen! Apply SPF 30 or higher before heading outside, even on cloudy days. Wear sunglasses, a wide-brimmed hat, and light, breathable clothing to protect your skin from the sun's rays.

5. Prioritize Rest

Busy summer schedules can throw off your sleep. Aim for 7–9 hours a night and try to keep a consistent bedtime. Your body and mind will thank you with more energy and better focus during the day!

Remember: Wellness doesn't have to be overwhelming. Pick one or two tips to try this week and build from there. Small steps add up!

