



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 PRUQLOJ 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 FROGLWLRQG VDFH
 workouts.
- † ULQN SOHOW\ RI OLTXLGV HVSHFLDO\ Z
 contain alcohol or caffeine.

