

BEAT THE HEAT THIS SUMMER

WATER

Keep water on hand at all times to avoid dehydration.

AVOID PEAK HEAT HOURS

Exercise, play and garden outside before or after the peak heat hours of the day (10:00-2:00).

WEAR SUNSCREEN

Apply it 30 minutes before going outside for best results.

PROTECT YOUR EYES

Wear sunglasses or a wide brimmed hat to keep out the strong summer sun.

USE FANS

Be sure to turn on your ceiling fans, try a pedestal fan, or even a desk fan if you are tied to your computer during the day.

SPRITZ YOURSELF

Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt.

GIVE YOUR APPLIANCES A BREAK

Skip the drying cycle on the dishwasher and leave the door open to let the dishes dry. Try grilling outside instead of heating up the oven.

EAT LIGHT

There's a reason we crave salads in the summer. They're easier to digest than heavier foods that leave you feeling sluggish in the high heat.

PUT UP SUN BLOCKERS

Keep your house cooler by closing blinds and drapes to block out the sun.

Visit www.chreader.org for more health ministry flyers.