

# Wellness WEDNESDAY



## Healthy Summer Habits:



- Look for activities early in the morning or in the evening to beat the heat
- Apply sunscreen that blocks UVB and UVA with SPF of 30 or greater and apply frequently
- Try and stay in the shade when possible if your outside
- Drink plenty of water before, during, and after being outdoors
- Boost flavor of your meals with garden fresh herbs
- Wear protective clothing; sunglasses, hat, long sleeves and pants
- Visit local farmers market and take advantage of seasonal fruit and veggies