



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 KHDOW

most of the summer months.

TO CREATE HEALTHY SUMMER HABITS

- † R RXWGRRU DFWLYLWLHV GXULOJ WKH FR
LQ WKH HDUOY PRUOLOJ 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\$
&KRRVH D VXQ SURWHFWLRO IDFWRU (63)
SUHHDGO\ 5HDSO\ IUHTXHQWOY
- † 3VH VXQJODVVHV WKDW EORFN ERWK 89\$
- † ZU\ WR VWD\ LQ WKH VKDGH ZKHQ RXWGRF
- † (HUFLVH LQ DO DLU FROGLWLROHG VSDFH
workouts.
- † ULQN SOHOW\ RI OLTXLGV HVSHFLDOO\ Z
- contain alcohol or caffeine.

