

Health tip: Summertime health

Summertime health is an important part of staying well during the summer season, as this time of year poses different health risks than other months. Specifically, summertime safety includes water, food, and sun, all of which impact our bodies. Follow these guidelines to maximize your fun in the sun.



Fluid intake

Fluid intake is dependent upon several factors including the climate you live in, your gender, and physical activity level. It is recommended that women and men consume the following amounts of fluid per day on average:¹

- Women: 11.5 cups of fluid or 92 ounces daily
- Men: 15.5 cups of fluid or 124 ounces daily

Although fluid intake may come from several sources, it is best to meet fluid intake recommendations by drinking mostly water.

Dehydration

Dehydration is a condition that occurs when you do not have enough water in your body to carry out normal functions.² The 5 signs of dehydration are:³

- Less frequent urination
- Fatigue
- Headache
- Dry mouth
- Constipation



Healthier eating

Healthier foods, such as fresh produce, are available during the summer months, making it easier to enjoy a variety of foods and colors from nutritious food sources. Healthier foods may help you live longer, boost immunity, fight diseases and maintain a normal weight.⁴ Healthier eating tips include:⁵

- Increase fiber consumption
- Reduce sodium and added sugar intake
- Burn as many calories as you consume

Cooking safety

Understanding how to grill safely is essential to your summertime health. Follow these 7 steps⁶ for a safe and enjoyable grilling season:

- **Separate:** Separate meat, poultry, and seafood from other food in your shopping cart and grocery bags
- **Chill:** Keep refrigerated until ready to grill
- **Thaw and marinate:** Always thaw and marinate food in the refrigerator to avoid bacteria growth
- **Clean:** Wash hands and work surface
- **Check:** After cleaning, check grill and tools prior to cooking
- **Avoid cross-contamination:** Throw away anything that may have touched raw meat
- **Cook:** Use a food thermometer to track the temperature of cooked meat
- **Refrigerate:** Refrigerate fresh food within 2 hours of cooking



Sun exposure

Though you may enjoy spending time in the sun, being exposed to too much sun can be harmful to our bodies. Luckily, the use of eye protection and sunscreen may aid in protecting you from dangerous levels of UV rays while outside in the summer.

Do not forget to protect your eyes. You may do so by wearing UV-blocking sunglasses, wearing a hat with sunglasses, and never looking directly at the sun. You may also choose to stay inside when the sun is at its strongest—midday to early afternoon, at higher altitudes, and when reflected off water.⁷



Additionally, it is recommended to use sunscreen not only to protect from sunburn, but also to prevent skin cancer. When it comes to sunscreen, remember the 5 W's to prevent sun damage:⁸

- **Who:** Everyone exposed to the sun
- **What:** Broad spectrum SPF 15 or higher
- **When:** Every day
- **Where:** All exposed skin
- **How:** One ounce to entire body
- **Why:** Reduce your risk



Sources:

¹ Eat Right. <https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need>. 2022. Accessed August 2022.

² Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>. 2021. Accessed August 2022.

³ Cleveland Clinic. <https://my.clevelandclinic.org/health/treatments/9013-dehydration>. 2021. Accessed August 2022.

⁴ CDC. <https://www.cdc.gov/nccdphp/dnpao/features/healthy-eating-tips/index.html>. 2022. Accessed August 2022.

⁵ American Heart Association. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>. 2021. Accessed August 2022.

⁶ CDC. <https://www.cdc.gov/foodsafety/communication/bbq-iq.html#:~:text=%20How%20to%20Grill%20Safely%20%201%20Separate,temperature.%20Thaw%20food%20safely%20in%20the...%20More%20>. 2022. Accessed August 2022.

⁷ American Academy of Ophthalmology. <https://www.aao.org/eye-health/tips-prevention/sun>. 2020. Accessed August 2022.

⁸ Skin Cancer Foundation. <https://www.skincancer.org/skin-cancer-prevention/sun-protection/sunscreen/>. 2022. Accessed August 2022.

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