

It's summertime in the city....are you ready?

It's that time again...warm temperatures and lots of sunshine. Have you prepared yourself for the warmer temperatures? Here are some tips to help "keep your cool" during the hot summer months! (P.S. Don't forget the sunscreen!)

Thirst Quenching News

Why do we need water?

We need water to help maintain body functions and to prevent dehydration. Dehydration occurs when cells don't have enough water. This can cause fatigue, headache, confusion, and weakness.

Why do we become thirsty?

Thirst is the first sign of dehydration. It is the body's way of saying "I need water!". As we age, however, our ability to sense thirst is diminished. Drinking fluids throughout the day, especially water, will decrease your risk for becoming dehydrated.

How much water do we need?

Adults should consume 8-8oz cups of water each day. Many foods and other beverages contain water too. A good rule of thumb is to drink a glass of water, milk, or juice with each meal and one between meals or snacks.

Cool off this summer with a Smoothie!

When the temperatures are hot outside, why not make yourself a cool, tasty, healthy snack that can help cool you off? The following recipe is easy and satisfying. Get creative and substitute any of your favorite fruits for the ones in the recipe.

Cool Summertime Smoothie

1 cup low fat vanilla yogurt
1/4 cup orange juice
1 banana
4-5 slices frozen peaches
4-5 frozen strawberries

(If you'd rather use fresh fruit, add 3-5 ice cubes to make the smoothie icy cold!)

Blend all ingredients until smooth. Makes one serving.

How to keep your cool during the hot days of summer!

- Stay out of direct sunlight and avoid strenuous activity (especially between the hours of 11am-2pm) when the sun is at its peak. If exercising, do so during the cooler morning hours.
- Wear light-colored, light-weight clothing that permits sweat to evaporate. Wear a hat with a brim to block out the hot sun rays. And don't forget your sunglasses!
- Use products with a sun protective factor (SPF) of 15 or higher to block out the burning rays of the sun. Look for water-resistant products if you sweat or partake in water activities.
- To get the water you need, fill a jug with 8-12 cups of water in the morning and use it throughout the day.

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