

WELL BALANCED

- JULY 2025 -

Healthy HABITS FOR Hot WEATHER



Intentionally practicing healthy habits can help you stay safe in the heat—There's a lot you can do!

Here are four ways to protect your health.

Keep Cool

- Stick to shaded areas as much as possible when participating in outdoor activities.
- Take breaks in air-conditioned spaces to help your body cool down.
- Use fans safely—When indoor temperatures are above 90°F, fans alone can actually raise your body temperature instead of cooling you down.

Stay Hydrated

- Carry a refillable water bottle to make drinking water more convenient.
- Limit beverages high in sugar, caffeine, sodium, or alcohol, as they can contribute to dehydration.
- Use urine color as a hydration guide. Light yellow or clear usually indicates that you are drinking enough water.

Plan Wisely

- Schedule tasks and activities for the coolest parts of the day.
- Look for ways to enjoy indoor activities in air-conditioned spaces.

Know the Signs of Overheating

- Muscle cramping
- Heavy sweating
- Shortness of breath
- Dizziness
- Headaches
- Weakness
- Nausea

For information on how to stay safe and healthy in the hot weather, refer to the **July Well Balanced newsletter** from the **Wellness Alliance!**

Reference the full newsletter for sources.



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