


Hot Weather Tips for *Healthy* Lifestyles

 Summertime, and the living's . . . hot! While there are many aspects of summer we all enjoy such as family vacations, time off from work and school, splashing in the pool, and play time outdoors; we might also find ourselves battling summer's demons: sunburn, fatigue, dehydration, and other heat-related problems. This summer you can maintain your healthy lifestyle despite the rising temperatures by following these simple tips.

1. **Air Conditioning**—Spending time in an air conditioned space can remove stress from the body. If you don't have air conditioning, or if you plan to be spending an extended amount of time outdoors, be sure to budget in 1-2 hours at a shopping mall, library, or other area that offers a cool relief from the elements.
2. **Bathing**—When temperatures go above 90 degrees, even electric fans lose their efficiency. You can lower your body temperature by taking a cool shower or bath; or, if you're lucky to be near one, a dip in a pool, lake, river or ocean makes a nice, temperature-regulating treat.
3. **Clothing**—When temperatures soar it's important to change your wardrobe, just as you would when they sink. When it's hot, be sure to wear loose fitting, light-colored clothing.
4. **Vehicles**—Never leave anyone in a closed vehicle—pets, children, the elderly, anyone. Even with the air conditioner on, the engine could die or someone could quickly break in and steal your vehicle AND your loved one.
5. **Warning Signs**—Make sure you know the signs of heat-related illnesses. Someone with heat exhaustion might feel dizzy, weak, or worried. Other symptoms include a headache, lack of urine, or fast heartbeat. Someone with heatstroke may seem confused, have a fever or a seizure or go into a coma. Heatstroke can be fatal.

6. **Outdoor Activity**—If you must exercise outdoors, limit your exposure to the early morning or late evening.
7. **Fluids**—Avoid alcohol, caffeine, and sugary drinks, which can all contribute to dehydration. Drink plenty of **Forever Natural Spring Water**, and add an electrolyte drink during activities where you are sweating a lot.
8. **Take Breaks**—If you plan to be outdoors during hot temperatures, take a break every 15 minutes or so to cool off.
9. **Sun Protection**—wear a wide-brimmed hat or carry an umbrella, wear sunglasses, and wear **Aloe Sunscreen** with an SPF of 30.
10. **Forever Living Products**—There are several Forever Living products that can help you maximize your summer. **Forever Fizz™** is an effervescent mango-flavored tablet that delivers quick and refreshing energy. Drop Forever Fizz in a bottle of **Forever Natural Spring Water** to cool your body and raise your spirits. **Forever Bee Pollen** helps ensure overall good health, and it provides amino acids to hot and tired bodies.

Whether you are attending the **Forever Living Super Rally** in Dallas this August, or relaxing with the family in the backyard, you will want to stay mindful of the extra stress that heat can impose on your body. Just as we take extra precautions against hypothermia in colder temperatures by heading indoors, bundling up, or eating some chicken soup, we need to take extra steps to prevent heat-related problems when the mercury rises each summer. Follow these tips and your summer is sure to be a breeze.

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.

FOREVER FIZZ®

**BUY 3
for the
price of 2!**
Item #283X3



Enjoy all your summer activities with the energy they deserve with **Forever Fizz®**. Take advantage of the "Buy 3 for the price of 2" which will run while supplies last. *(Please use Item #283X3 when placing your order.)*

Forever Fizz is a great tasting, effervescent, mango-flavored tablet that is designed to be dissolved in water for quick and easy delivery to your body for energy. Each packet delivers a quick burst of energy. Individually wrapped tablets are easy to pack when you are on the go. And the perforated tablets allow you to easily drop Forever Fizz in a bottle of **Forever® Natural Spring Water** for a refreshing and energizing treat - any time of day!