

# BEAT THE HEAT

## GREAT IDEAS TO KEEP YOU COOL

### DRINK MORE WATER

It can't be said enough... drink water any time you can. Your "internal air conditioner" uses coolant (sweat), at a higher rate, so it is important to refill the "tank."

### MINIMIZE SWEATING

Sweating is the body's way of trying to cool itself. But if you find that you are perspiring visibly, apply antiperspirant at night, so it works more effectively. Wear breathable clothing materials, such as cotton.

### TAKE A FOOT BATH

To cool off quickly, fill a bowl with cool water, and dip your little piggies right in. Add some ice if you're brave, but don't overdo it. Quickly immersing your feet in ice-cold water can be painful.

### FAN YOURSELF

Cool off with a little breeze wherever you go. Paper fans, magazines and even little mechanical fans that attach to a smart phone are all useful ways to get a little cooling breeze circulating in your space.

### CHANGE YOUR SOAP

Invest in some peppermint bath products. Peppermint, even in small amounts, leaves the skin feeling noticeably cooler and refreshed.

### EAT COOL SNACKS

This time of year, it's great to switch up your snack routine. Enjoy cool treats like a piece of fruit or a Popsicle. Avoid excess salt in your snack, which can be dehydrating.

### DON'T AVOID EXERCISE

Exercise and fresh air are too important to completely eliminate when it's hot. Consider exercising during the cooler parts of the day and always know your limits.

### STAY COOL WHILE YOU SLEEP

If sleeping on wet sheets like ancient Egyptians did doesn't appeal to you, cool your head with a special pillow like the Chillow.

### KNOW THE COOLING POINTS

Placing a cool rag on the forehead, neck, inner elbow, wrists, groin, back of knees or ankles can help circulate cooler blood throughout the body.

JULY

