




Safe Summer Outdoor Activity



Dress comfortably:

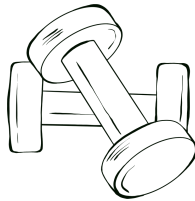
- Loose-fitting clothing
- Thin fabric
- Avoid several layers
- Wear bright colors or reflective gear
- Shoes that fit well and designed for exercise

Plan for safety:

- Carry identification and emergency information
 - Plan activities with at least 1 other person
 - Stay in well-lit areas
 - Carry a cellphone and a small amount of cash
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Protect Your eyes & skin:

- Wear sunglasses
- Wear SPF 30 or higher
- Wear a hat



Start slow and build up:

- Start slow and gradually increase intensity or duration
- 2 ½ hours of aerobic activity per week
- Muscle strengthening activities 2 days a week

Be sure to warm up/ stretch:

- Takes more effect for muscles and soft tissue to go from inactive to active
- Stretch for a minute or two
- Take time to stretch everyday to keep joints flexible

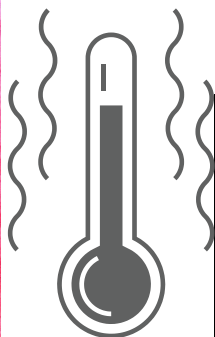
Find a flat surface:

- Stick to surfaces that are free of tripping hazards
- Choose routes with places to stop, sit, and rest





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Don't overdo it:

- Talk to your doctor about exercise
- Ensure its safe and effective
- Focus on low-impact to help with balance, flexibility, and strength

Stay hydrated:

- Drink plenty of water
- Be aware that some medications and health conditions can increase dehydration
- Drink water before, during, and after activity

Recognize the signs:

- Educate yourself on symptoms of heat-related illness of dehydration, heat stroke, and heat exhaustion
- If you experience heavy sweating, faintness, or dizziness, a weak or rapid pulse, muscle cramps, extreme thirst, headache, or nausea/ vomiting, cool down immediately
- Seek help if you do not feel well due to excessive heat
- Call a medical professional, or explain your symptoms to family or a care provider

Avoid extreme temperatures:

- Exercise indoors when too hot outside, pollen count or allergy index is high
- Peak heat hours are between 10 am and 4 pm
- Walk on a treadmill or try the swimming pool

