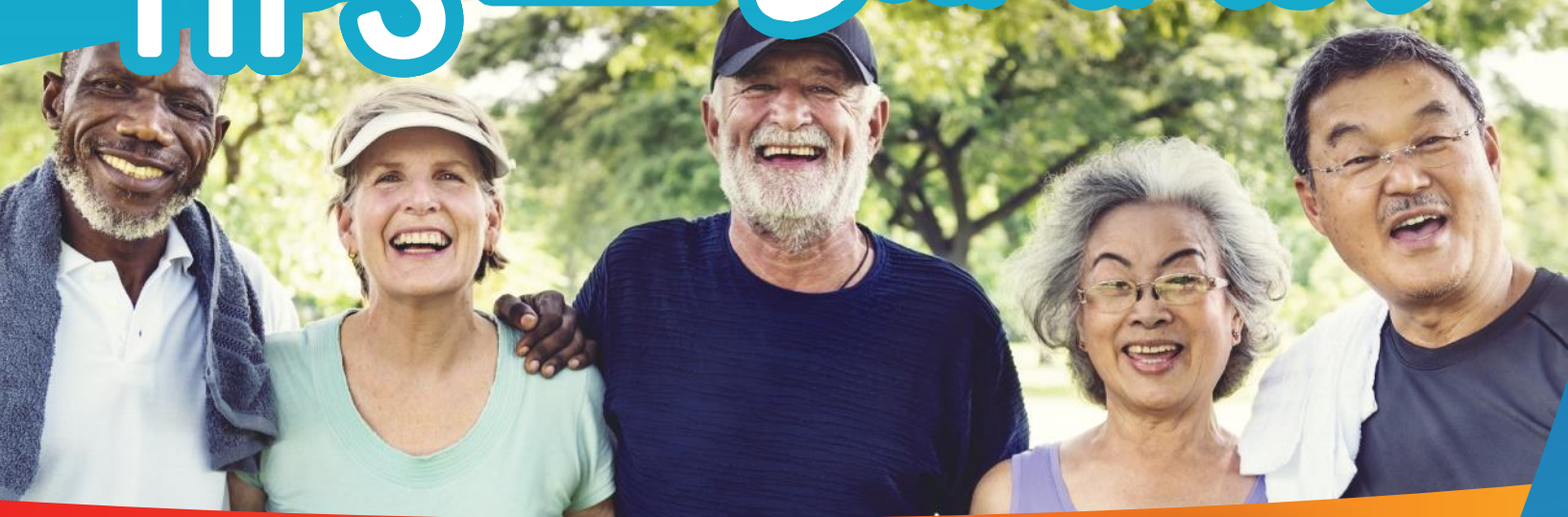


HEALTHY TIPS for the *Summer*



Stay Active

- Exercise in the morning, or evening when it's cooler outdoors
- Be active at least 20-30 minutes a day

Stay Safe in the Sun

- Use appropriate clothing (light colors)
- Use sunscreen (30 SPF at minimum), apply every 2 hours
- Avoid direct sun exposure

Stay Away From

- Caffeinated drinks (coffee, soda, energy drinks & etc)
- Alcoholic drinks & tobacco

Eat Healthy

- Eat fruits & vegetables
- Know your daily meal portions
- Visit www.myplate.gov for more information

Keep Cool

- Find a cool center near you, or dial 2-1-1 for more information

Stay Hydrated

- Drink enough water, don't wait until you're thirsty
- Water has zero calories

Be
CLIMATE
Ready



For more information call 3-1-1
or visit www.elpasotexas.gov/publichealth/beclimaterady