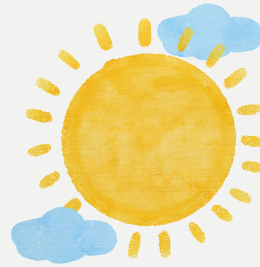


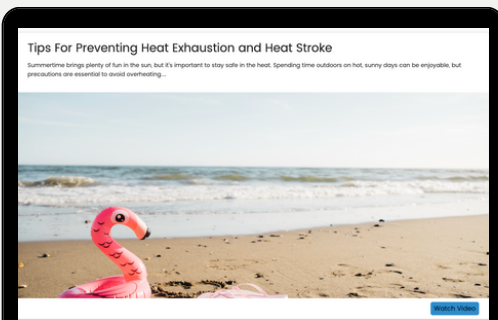
Healthy Habits



BEAT THE SUMMER HEAT

A beautiful summer day is the perfect chance to get outside and be active! Whether you're heading out for a bike ride or a stroll through the neighborhood, a little extra preparation to stay cool in high temperatures can go a long way. Regular exercise is essential for good health, but preventing heat-related illness when being active in hot weather is just as important. This summer, beat the heat with these safety tips from the [American Heart Association](#):

- **Dress in breathable clothing:** Grab your favorite pair of well-ventilated shoes and opt for lightweight, light-colored clothing. Choosing breathable fabric will help repel sweat and keep your body from overheating in the sun.
- **Stay hydrated:** Don't forget your water bottle! Drinking enough water is one of the best ways to stay safe on a hot day. The AHA suggests drinking a few cups of water before, during, and after exercising to stay hydrated. Avoid caffeine and alcoholic beverages too.

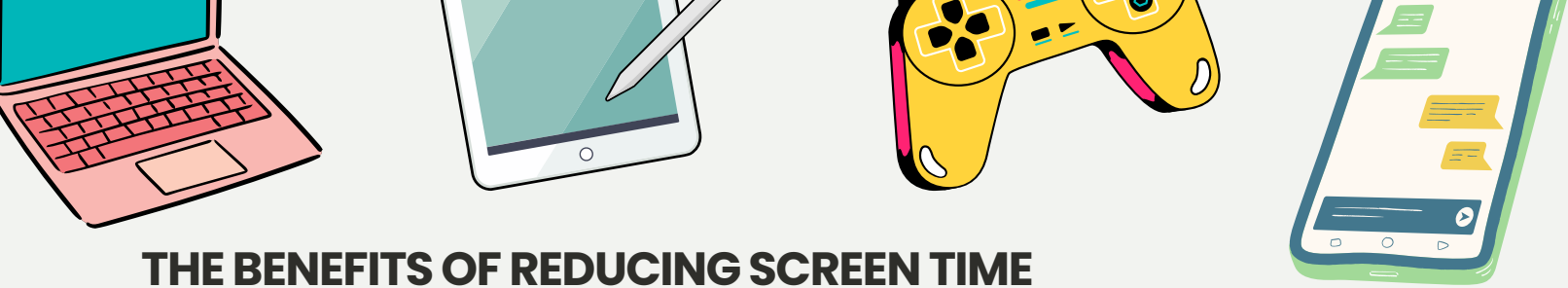


Watch this video from Mayo Clinic to learn more about [preventing heat exhaustion and heat stroke](#)

- **Protect your skin from the sun:** A hat and sunglasses are a great way to shield your skin from the sun's harsh rays. The AHA also recommends applying water-resistant SPF 30+ sunscreen about 30 minutes before you go outside! Reapply a layer every two hours.
- **Take a break:** Find a spot under a shady tree to rest and relax! Avoid being active outside in the early afternoon when the sun is strongest.

If you completed a screening with Empower Health Services,
explore additional health and wellness resources on [empower.health](#)!
Simply scan the QR code and click the download icon to install the app on your mobile device.





THE BENEFITS OF REDUCING SCREEN TIME

Summer is the perfect opportunity to set a goal of spending less time on screens. While technology plays an essential role in our daily lives, too much screen time can take a toll on our well-being and keep us from experiencing the beauty of life around us. [Mayo Clinic](#) shares that the benefits to cutting down on screen time include:

- **Improved physical health:** Less time watching TV or scrolling through social media frees up more time for sports, bike rides, hiking, yoga, and other active hobbies.
- **Better sleep:** Blue light exposure can negatively impact sleep quality. By putting electronic devices away before bed, you may find it easier to get a good night's rest. Try leaving your phone outside of the bedroom before you hit the hay.
- **Deeper social connections:** Excessive screen time can distract you from the people around you. Being more present creates the opportunity for stronger relationships and more meaningful time with loved ones.
- **Better mood:** Put your phone away to spend time in nature, exercise regularly, and connect with others! Stepping away from screens can lower stress, boost your mood, and support a happier and healthier life overall.

JULY RECIPES



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