

HealthReach Community Health Centers

July 2021



Enjoy the outside this summer!

Spending time outside improves happiness, heart health, and fitness while decreases stress.

Remember to:

- Protect your eyes and skin. Wear a hat and sunglasses. Apply sunscreen.
- Stay hydrated. Carry a water bottle.
- Choose the appropriate foot wear for your activity.
- Check for ticks.

Resources: National Safety Council: Summer Safety, <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/summer-safety-tips>

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