Summer Health Tips

Lakeside Medical Center
Health Care District Palm Beach County

We all look forward to summer: social events with friends and family, cooling off at the pool or beach, and enjoying some much-needed vacation. But during the summer months, the weather can also take a toll, ranging from heat stroke to sunburns. With this in mind, we have put together some summer wellness tips to keep your summer healthy.

Stay Hydrated

Drinking enough water is very important when it is hot outside. Water helps keep muscles and bones healthy, helps you maintain a healthy weight, and fuels your activities throughout the day. It is important to drink water at regular intervals throughout the day.

Protect Your Skin

With the rise of skin cancer one can never be too careful. Sunscreen is very important during the summer months, even on cloudy days you can still get sunburn. Bring an umbrella to the beach, wear a hat, and cover up to stay out of direct sunlight.

Eat Right

Stick with lighter meals throughout the day when it is very warm outside. Light refreshing salads are a good summer choice. Have a cup of mixed fresh berries – blackberries, blueberries, or strawberries – every day, they will help you load up on antioxidants.

Get Outside and Exercise

One of the great things about summer is being able to exercise outside. You can go to your local beach or park and take a walk for some quick exercise. Pick one outdoor activity - swimming, walking, cycling, paddle-boarding or running after your kids to feel better, sweat a little and have some fun.

Plant a Garden

To improve your stress level, plant a small garden, cultivate a flower box, or plant a few flower pots – indoors or out. When life feels like it's moving too fast, staying mentally grounded can help relieve physical and mental stress.

Floss Daily

You know you need to, now it's time to start – floss every single day. Flossing reduces oral bacteria, which improves overall body health, and, if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily for a healthier you.

Be Good to Your Eyes

When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. When playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type.

Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep patterns by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of going to sleep. Most healthy adults need seven to nine hours of sleep per night to function at their best.

Clean House

Take 5-10 minutes a day to tidy up a part of your home. What sounds like a chore can actually help dial back stress and make you feel more comfortable in your space. Organizing and cleaning helps you feel less overwhelmed and more in control of your life.

Vacation Time

Improve your heart health – take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits, including lowering your blood pressure, heart rate, and stress level, all of which can lower the risk of heart disease.