

Health Minute

Beat the heat..

Summer has arrived. Regardless of the temperature, the lawn still needs to be mowed, the garden still needs to be tended, and you and the dog still need to exercise. Being smart about the heat will allow you to maintain the active lifestyle that keeps your heart healthy.



Preventing Heat-Related Illness	Signs of trouble
<p>Wear lightweight, light-colored clothing Drink water throughout the day and every 15 minutes while you are outside Eat smaller meals more often Avoid alcohol, caffeine, and salt tablets Take regular breaks</p> <p>Exercise during the coolest part of the day before 10am and after 3pm</p>	<p>Muscle cramps Dizziness or weakness Low blood pressure Elevated heart rate and breathing rate Vomiting Decreased alertness</p> <p>At the first sign of trouble, stop what you are doing, get inside where it is cool, and hydrate. If you still feel bad, contact medical help.</p>