

Stay Cool this Summer

Anyone can suffer from heat related illness; however, people age 65 and older and those with chronic medical conditions such as heart disease or high blood pressure are more prone to heat stress. Certain medications can also affect how your body regulates its temperature. Follow these tips to help protect yourself from heat related stress:

- Drink more fluids regardless of your activity level. Do not wait until you are thirsty to drink. If your doctor limits the amount of fluid you drink, ask your doctor how much you should drink while the weather is hot.
- Do not drink liquids that contain alcohol or large amounts of sugar. These cause you to lose more body fluid. Try cool beverages; very cold drinks can cause stomach cramps.
- Rest.
- Stay indoors.
- Take cool showers or baths.
- Wear lightweight, light-colored, loose-fitting clothing.
- Limit outdoor activity to morning and evening hours.



Centers for Disease Control and Prevention



Flexibility Exercise: Chest Stretch

Stretching or flexibility exercises can give you more freedom of movement for physical and everyday activities, such as getting dressed and reaching for objects. You can do this stretch while standing or sitting in a sturdy, armless chair:

- Keep your feet flat on the floor, shoulder-width apart.
- Hold arms to your sides at shoulder height, with palms facing forward.
- Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
- Hold the position for 10 to 30 seconds.
- Relax, breathe, and repeat at least 3 to 5 times.

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Fun 4th of July Facts

Americans consume 150 million hotdogs on July 4th each year.

Americans spend around 211 million dollars every year on fireworks.

The Chinese invented fireworks.

Over 74 million people have cookouts on July 4th.

The first Liberty Bell cracked while being tested. It and the second bell were re-melted and forged again. The third Liberty Bell cracked in 1835.

