

Bathroom Briefs

Your line to good health!

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Section, Forsyth County Department of Public Health



Fun in the Sun Physical Activity Tips for Summer 2012

The Center for Disease Control and Prevention (CDC) recommends:

Children 6-17

- At least **1 hour** of exercise daily
- Muscle/bone strengthening at least 3 days/week

Adults 18-64

- At least **30 minutes** of exercise daily
- Muscle/bone strengthening at least 2 days/week

There are lots of fun, easy, inexpensive activities to help you get the recommended amount of exercise and boost your health during the summertime...

Summer-Fun Activities

- ⇒ **Beat** the heat by taking a walk at sunrise or sunset, while enjoying a beautiful view! For an even better view, take a hike to a mountain top or around a lake!
- ⇒ **Go** on a bike ride! Remember to stay safe by following traffic laws and using bike paths where they are available - and of course, **WEAR A HELMET**.
- ⇒ **Take** a walk around one of the local greenways or parks! A list of these can be found under Recreation & Parks > Parks & Greenways at www.cityofws.org
- ⇒ **On** the hottest days, take a trip to your local neighborhood pool, or to one of the city pools! All public pools are \$3 or less for day passes: Go to Recreation & Parks > Pools & Aquatics at www.cityofws.org
- ⇒ **Strike** up a game of basketball, soccer, football, dodgeball, frisbee or tag with your family or friends!
- ⇒ **Plant** a garden outside your house, or find a community garden to work on with neighbors! This way, you can have beautiful flowers to look at, or fresh fruits, vegetables or herbs to enjoy.
- ⇒ **Host** a dance party! Dancing is a fun way to get both cardiovascular and muscle training, and music makes everything more fun!

Additional Resources

For more information, you can visit www.cdc.gov/physicalactivity, or for water safety tips, visit: www.redcross.org/watersafetytips.



Exercise Safely!

When the temperature rises, you can easily get overheated, which is very dangerous. Here are some tips to keep you and your family safe in the heat:

- ⇒ **Check the weather!** If it is above 90 °F or 60% humidity, it's a good idea to relax your normal workout routine to be easier. The heat and humidity will make everything harder on your body.
- ⇒ **Watch what you wear!** The darker and heavier your clothes are, the hotter your body will get. So wear light-colored clothes made of lighter material to help your body stay cool. Also, wear sunglasses to protect your and your family's eyes.
- ⇒ **SUNSCREEN!** The sun is more harsh on our bodies than it used to be, so it's even more important now to protect your skin with sunscreen! Find bottles that say "broad spectrum" or "UVA/UVB protection" with SPF 30 or higher, and make sure to rub it in well at least 30 minutes before going outside and again every 2 hours!
- ⇒ **WATER!** Exercising outside in the summer drains your body of water, causing you to become dehydrated. Dehydration can lead to serious illness or even death. That's why it's so important to help your body stay hydrated by drinking lots of water and other fluids – before, during, and after being outside. You can also help your body get the water it needs by eating watery foods like fruits and vegetables.



⇒ Watch for warning signs of dehydration!

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness / Weakness
- Dizziness
- Headache
- Nausea / Vomiting
- Fainting

These are all signs of heat exhaustion. If the body does not cool down or get water, it may lead to heat stroke, which has these symptoms:

- Hot, dry skin
- No sweating
- Strong, rapid pulse
- Throbbing headache
- Confusion
- Unconsciousness
- Dizziness
- Nausea
- Body temperature above 103°F

If a person has these symptoms, **call 911 immediately**, then cool the person off however you can - find shade, water, or air conditioning if possible, and stay with them until the ambulance gets there.