

health and wellness tips for summer

Health and Wellness Tips for Summer: Beat the Heat and Thrive

Summer! Sunshine, long days, vacations... but also scorching temperatures, busy schedules, and the temptation to let healthy habits slide. This isn't the time to let your wellness goals wilt in the summer heat. This comprehensive guide offers practical, actionable health and wellness tips for summer, helping you stay energized, healthy, and happy all season long. We'll cover everything from hydration strategies and sun safety to mindful movement and stress management, ensuring you make the most of summer without compromising your well-being.

1. Hydrate, Hydrate, Hydrate: The Cornerstone of Summer Wellness

Summer heat can quickly lead to dehydration, impacting energy levels, mood, and even cognitive function. Don't wait until you're thirsty to drink; thirst is already a sign of mild dehydration. Aim to drink water consistently throughout the day, even before you feel the urge. Carry a reusable water bottle and keep it filled. Infuse your water with fruits like cucumber, lemon, or berries for a refreshing twist. Electrolyte drinks can be beneficial after intense sweating, particularly during strenuous outdoor activities. Remember, caffeinated beverages and alcohol can have a diuretic effect, so while they're fine in moderation, they shouldn't replace plain water.

2. Sun's Out, Protection's On: Summer Skin Safety

The summer sun offers Vitamin D, but also carries the risk of sunburn, premature aging, and skin cancer. Protecting your skin is crucial. Apply a broad-spectrum sunscreen with an SPF of 30 or higher at least 15-20 minutes before sun exposure and reapply every two hours, or more frequently if swimming or sweating heavily. Seek shade during peak sun hours (typically 10 a.m. to 4 p.m.). Wear protective clothing, such as wide-brimmed hats, sunglasses, and lightweight long sleeves when possible. Don't forget to protect your lips with lip balm containing SPF. Regular self-skin exams are also important for early detection of any changes.

3. Fuel Your Body Right: Summer Eating for Energy

Summer offers an abundance of fresh, seasonal produce. Take advantage of this! Load up on fruits and vegetables bursting with vitamins and antioxidants. Grilling is a popular summer pastime, but be mindful of added fats and sodium. Opt for lean protein sources like chicken, fish, or tofu. Stay hydrated with water-rich fruits and vegetables like watermelon, cucumbers, and spinach. Consider meal prepping to avoid unhealthy takeout options during busy days. Remember, balanced nutrition provides the energy you need to enjoy all that

summer has to offer.

4. Stay Active, But Listen to Your Body

Summer is a fantastic time to be active outdoors! Enjoy activities you love, whether it's swimming, hiking, biking, or simply taking a long walk. However, be mindful of the heat. Avoid exercising during the hottest parts of the day. Stay hydrated and wear appropriate clothing. If you feel overheated, take a break in a cool place. Listen to your body and don't push yourself too hard, especially if you're not used to intense physical activity.

5. Mindful Moments: Stress Management in the Summer Heat

Summer can be a busy and stressful time. Between travel plans, social events, and work commitments, it's easy to feel overwhelmed. Prioritize stress management techniques such as meditation, deep breathing exercises, or yoga. Spending time in nature can be incredibly restorative. Connect with loved ones and nurture your relationships. Ensure you're getting enough sleep – a crucial component of overall wellness. Don't be afraid to say no to commitments that overwhelm you. Prioritizing self-care is not selfish; it's essential for your well-being.

6. Beat the Summer Blues: Mental Wellness Matters

Longer days and more sunlight usually boost mood, but some people experience seasonal changes in their mental well-being. Pay attention to your mental health during summer. Connect with friends and family, engage in activities you enjoy, and practice self-compassion. If you experience persistent feelings of sadness, anxiety, or low mood, seek professional help. Don't hesitate to reach out to a therapist or counselor if needed. Remember, taking care of your mental health is just as important as taking care of your physical health.

Conclusion: Embrace a Healthy and Happy Summer

Summer is a time for enjoyment and relaxation, but it's also a time to prioritize your health and wellness. By incorporating these practical tips into your routine, you can beat the heat, stay energized, and make the most of the season. Remember, small changes can make a big difference. Focus on sustainable habits that you can maintain throughout the summer and beyond. Enjoy the sunshine, and prioritize your well-being!

FAQs:

1. What are the best hydrating foods for summer? Watermelon, cucumbers, spinach, strawberries, and oranges are excellent choices due to their high water content.

1. How much sunscreen should I use? Apply a generous amount, enough to cover all exposed skin. A shot glass-sized amount is a good guideline for your entire body.

1. What are some good low-impact summer activities? Swimming, walking, yoga, and cycling are all great options.

1. How can I manage stress during a busy summer schedule? Incorporate daily mindfulness practices like meditation or deep breathing, prioritize sleep, and learn to say no to commitments that overwhelm you.

1. When should I seek professional help for mental health concerns? If you experience persistent feelings of sadness, anxiety, or low mood that impact your daily life, don't hesitate to seek help from a therapist or counselor.

health and wellness tips for summer: *Healthy Summer Living* First Place 4 Health, 2009-04-01 Many people think of summer as a time for swimsuits, fresh salads and outdoor activities, but it can also be a season of temptation, with hot and lazy afternoons and enticing vacation cuisine! Healthy Summer Living is a daily devotional that will inspire readers to eat right and stay active during the break between the spring and fall sessions of First Place 4 Health. Written by First Place 4 Health members from across the country, each daily reading offers motivation for avoiding the unique temptations of the summer months, as well as six weeks of Live It Trackers, special tips for surviving vacation temptation, and summer-friendly menus and recipes. Readers will live the healthiest summer of their lives!

health and wellness tips for summer: [Taking the Heat](#) Bonnie Schneider, 2022-01-25 From meteorologist and Peabody Award-winning journalist Bonnie Schneider, an innovative look at how climate change is already threatening our mental and physical health and practical tips for you to tackle these challenges head on. The impacts of climate change have become dire. Rising temperatures, volatile weather, and poor air quality affect our physical and mental health in dangerous new ways. From increasing the risk of infectious disease to amplifying emotional stress and anxiety—even the healthiest among us are at risk. Bonnie Schneider has tracked environmentally-linked physiological impacts throughout her career as a TV journalist, meteorologist, and the founder of Weather & Wellness®—a platform that explores the connection between weather, climate change, and health. In *Taking the Heat*, Schneider provides crucial advice from science experts and medical professionals to help you: -Cope with the mental anguish of “eco-anxiety” and other climate change fears for our planet’s future, particularly expressed by millennials and Gen-Z -Identify health hazards caused by extreme heat and air pollution that disproportionately affect low-income and minority communities -Uncover the science behind longer and stronger allergy seasons and learn new ways to reduce your risk of adverse allergic reactions

-Detect the increased threat of dangerous pathogens lurking in unexpected places and why we may face future pandemics -Understand how seasonal fluctuations of sunlight, heat, and humidity can not only factor into feelings of depression and anxiety but also can trigger flare-ups for certain auto-immune diseases -Discover how meditation and mindfulness practices can ease the psychological stress that often occurs in the aftermath of devastating natural disasters -Explore how the Earth's rising temperatures may rob you of restorative sleep and impair mental sharpness -Learn why increased levels of CO2 in the atmosphere may reduce the availability of what you choose to eat; learn sustainable solutions—from food to fitness - And more! Anchored in the latest scientific research and filled with relatable first-person stories, this book is the one guide you need to navigate the future of your own health—mind, body, and spirit, in a rapidly changing environment.

health and wellness tips for summer: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

health and wellness tips for summer: Kicking Sick Amy Kurtz, 2016-12-31 According to the CDC, one out of every two adults is living with a chronic illness. With Kicking Sick, Amy Kurtz offers this welcome guide based on her firsthand expertise to help you find the support, self-care essentials, and best medical and integrative treatment plan to improve your unique health situation.

health and wellness tips for summer: Raw and Radiant Sanders, Summer, 2018-01-16 This picture-driven raw lifestyle book is for busy people who want to improve their health and vitality without having to go 100% raw. It's an easy to use guide that showcases creative yet simple-to-make plant-based recipes, and highlights multiple nutrition-packed superfoods. But more than just a raw food guide, The Radiantly Raw Cookbook includes chapters on functional fitness & beauty, shares the basics of cleansing, and has helpful mind-body connection tips, all important pillars for optimum health. This healthy lifestyle guide is filled with vibrant and inspiring photos to help encourage your lifestyle shifts and food transformations. Summer will give you tools to add radiant plant-based foods into your diet no matter what your present eating style. She wants to inspire you to create your best life ever by making small shifts today that will affect your entire life and generations to come.

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health and wellness tips for summer: Paleoista Nell Stephenson, 2012-05-01 Building on the huge success of books like The Paleo Diet, Nell Stephenson's Paleoista offers a fun, female-friendly way for women to enjoy the health benefits of what has been called the "Caveman Diet," including more than fifty simple, delicious Paleo recipes! A Paleoista has radiant skin, boundless energy, eats decadent food at every meal, and never feels deprived. As the ultimate Paleoista, Nell Stephenson knows exactly how to incorporate the Paleo diet into one's day-to-day life with ease, efficiency, and style. Paleoista is an easy-to-follow guide for any woman interested in reaching her healthiest potential and includes: -A Kitchen Makeover Guide, to get started on the right foot. -A Healthy Grocery Store Field Trip, to stock a Paleo-friendly kitchen. -Two Weekly "Hours in the Kitchen," to prep a week's worth of meals ahead of time. -A Move-to-Lose Plan, to show you what to do with all your extra energy! -Sticking with It Socially, to prepare for ordering at restaurants, traveling, keeping your kids Paleo, and getting together with friends without compromising your Paleo eating

plan. -More than fifty simple, delicious Paleo recipes!

health and wellness tips for summer: Eat, Drink, and Be Healthy Walter Willett, P.J. Skerrett, Edward L. Giovannucci, 2017-09-19 In this national bestseller based on Harvard Medical School and Harvard School of Public Health research, Dr. Willett explains why the USDA guidelines--the famous food pyramid--are not only wrong but also dangerous.

health and wellness tips for summer: The Wellness Project Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. The Wellness Project is the insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

health and wellness tips for summer: Emotional Inflammation Lise Van Susteren, MD, Stacey Colino, 2020-04-28 A Powerful Guide for Overcoming the Emotional Challenges of Our Turbulent Times. A rising number of people today are troubled by a phenomenon for which they don't know there's a name. This condition is called emotional inflammation—a state not unlike post-traumatic stress disorder, but one that stems from simply living in today's anxious, overwhelming, and tumultuous world. If you've suffered from sleep problems, hyperreactivity, persistent grief, or inescapable worry about the future—especially triggered by the nonstop news cycle—then you're probably dealing with emotional inflammation. The good news is: there's something you can do about it. With *Emotional Inflammation*, general and forensic psychiatrist Dr. Lise Van Susteren joins writer Stacey Colino to present a breakthrough guide to help you become grounded and resilient in these turbulent times. You'll begin by determining your "reactor type" to better understand how your body and mind respond to stress overload. Then you'll learn the vital steps of the powerful RESTORE program for recovering inner balance, personal effectiveness, and joy in your life:

- Recognize Your Feelings: how to identify, unpack, and learn from difficult emotions
- Evaluate Your Triggers: pinpoint what sets you off and how you can moderate your reactivity
- Steady Your Body's Natural Rhythms: keys for restoring your natural, healthy internal equilibrium
- Think Yourself into a Safe Space: work with your mind to remain flexible, thoughtful, and adaptable
- Obey Your Body: essential self-care practices for diet, exercise, stress management, and more
- Reclaim the Gifts of Nature: revitalize your healing connection to the natural world and its awe-inspiring benefits
- Exercise Your Power: become an "upstander" who takes effective action from a place of compassion, hope, and love

Completing the basics of this method, the authors share key insights on how to personalize RESTORE to fit into your life based on which of the four reactor types you identify with—Nervous, Revved, Molten, or Retreating. You can't always control the crises and catastrophes that are swirling around you. But that does not mean you're powerless against the status quo—nor do you need to be at the mercy of the physiological, psychological, and spiritual stress responses inside you. With *Emotional Inflammation*, you now have an invaluable guide to help you cope with the challenges of a turbulent world, calm your body and mind, and reclaim a sense of peace, purpose, and connection to others.

health and wellness tips for summer: Smoothies & Juices: Prevention Healing Kitchen Frances Largeman-Roth, 2020-09-08 Enjoy 100+ refreshing smoothies and juices that promote gut health, glowing skin, heart health, strong muscles, and reduce inflammation from the trusted editors at Prevention. Smoothies and juices are a delicious and easy way to add more fruit and vegetables into your diet and satisfy cravings between meals. Organized by principal health benefit—gut health,

heart health, silky skin, post-workout recovery, and reducing inflammation—every recipe includes a detailed explanation about why it's so good for you. Plus, nutrient-rich ingredients include whole fruits and vegetables like avocados, berries, and kale; fresh herbs like mint, basil, and cilantro; as well as healthy add-ins like collagen peptides, bone broth, celery juice, alternative milks, chia seeds, flax seeds, and hemp seeds, apple cider vinegar, filling proteins like nut butter and protein powders, and prebiotics and probiotics to support your microbiome. Smoothies & Juices: Prevention Healing Kitchen includes: · 100+ healthy and delicious recipes such as Carrot-Coconut Smoothie, Pear-Almond Smoothie, Peaches 'N' Cream Oatmeal Smoothie, Citrus-Pineapple Smoothie, Pumpkin Detox Smoothie, Berry, Chia, and Mint Smoothie, Turmeric Twist, Celery Juice, Banana-Avocado Zinger, Blueberry Cobbler Smoothie Bowl, and more! · No additional equipment needed! All juices as well as smoothies can be made in your blender · Tips and tricks from the test kitchen for easy preparation · Recipes clearly labeled as high in fiber, protein, and calcium, as well as vegan and good for meals on-the-go · Nutritional values for every recipe · Lie-flat binding for easy use So power up your blenders! A healthier way of eating is only one tasty smoothie away.

health and wellness tips for summer: Weight Gain During Pregnancy National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Food and Nutrition Board, Committee to Reexamine IOM Pregnancy Weight Guidelines, 2010-01-14 As women of childbearing age have become heavier, the trade-off between maternal and child health created by variation in gestational weight gain has become more difficult to reconcile. *Weight Gain During Pregnancy* responds to the need for a reexamination of the 1990 Institute of Medicine guidelines for weight gain during pregnancy. It builds on the conceptual framework that underscored the 1990 weight gain guidelines and addresses the need to update them through a comprehensive review of the literature and independent analyses of existing databases. The book explores relationships between weight gain during pregnancy and a variety of factors (e.g., the mother's weight and height before pregnancy) and places this in the context of the health of the infant and the mother, presenting specific, updated target ranges for weight gain during pregnancy and guidelines for proper measurement. New features of this book include a specific range of recommended gain for obese women. *Weight Gain During Pregnancy* is intended to assist practitioners who care for women of childbearing age, policy makers, educators, researchers, and the pregnant women themselves to understand the role of gestational weight gain and to provide them with the tools needed to promote optimal pregnancy outcomes.

health and wellness tips for summer: Seasonal Health and Wellness Melina Meza, 2019-08-26

health and wellness tips for summer: The Smart Student's Guide to Healthy Living Margaret Jane Smith, Fred Smith, 2006 Fight the Freshman Fifteen, Sleepless Nights, and Other Pitfalls of College Life Welcome to college life. It's full of possibilities -- and pitfalls. Cafeteria food is awful, but there sure is a lot of it. And you can eat as much (or more) of anything -- and everything -- as you want. And in a single year of study, you can grow a gut that will haunt you for the rest of your life. No one in the dorm is going to tell you when to go to bed, and you can wear each all-night cram session like a badge of honor. But on two hours of sleep a night, the circles under your eyes will make you look like a raccoon before midterms -- which you'll then probably fail. And exercise -- what's that? Say hello to thunder thighs and saggy bat-wing arms. Sound awful? Good. It's supposed to. But take heart: With the simple advice you'll find in this book, you can eat right and get the sleep and exercise you need to excel academically and creatively. You'll get the straight story on how to avoid the freshman fifteen, and learn how to make good choices in the cafeteria and make smart snacks on those few useless appliances they allow you to keep in your room. You'll get tips on fitting regular exercise into a busy class schedule and getting enough sleep without being the only one who never -- NEVER -- makes it to the latest of the late-night parties. Eat smart to fight the freshman fifteen, food allergies, and fatigue Prepare smart snacks right in your dorm room -- without burning the place down! Get enough sleep without missing out on too much late night fun Build the body of your dreams with smart exercise tips Make the grade without succumbing to stress Includes

delicious dorm-room snack recipes The Smart Student's Guide to Healthy Dorm Living is a must for any parent sending their student off to college. The book is packed with practical tips for healthy eating. It helps answer the questions I hear from college students every day. This book is the answer to helping teens stay healthy and fit as they transcend the college years into adulthood. Hats off to M.J. and Fred Smith for giving students and easy-to-read survival guide to healthy eating at college. -Ann Blocker, RD, LD, CDE, director of nutrition at Veterans Memorial Hospital and nutrition consultant to Luther College, in Decorah, IA A great book, so practical and useful-fantastic! -Jane Hasek, MSN, Ed.D., chancellor emerita and distinguished professor at Allen College in Waterloo, IA I've lost another two pounds this week. I know that I'm losing it through exercise and diet. My stamina in exercising is increasing while my appetite is decreasing...I feel that I am working harder and longer without being any more tired. I really enjoy exercising and feel great doing it. My mood is better because I feel better about myself. -Andy Wannigman, student I have been using the tips in the book and have a success story. I feel great! It's that plain and simple. I feel better about myself. I'll continue this plan next semester. I liked the results a lot and I hope to get more of the same the longer I participate... -Dana Roberts, student

health and wellness tips for summer: Willpower For Dummies Frank Ryan, 2014-08-11 Develop rock-solid willpower with evidence-based techniques Willpower For Dummies shows you how to train, strengthen, and improve your willpower in seven easy steps! Written by a clinical psychologist and cognitive therapist, the book proves that willpower can be learned like any other skill, and provides tons of practical exercises and strategies you can start using today. You'll learn how willpower works inside the brain, and how choosing goals and identifying challenges can affect your success. The book stresses the importance of patience, rewards and being kind to yourself, and walks you through the techniques that will keep you on the right track, even on your worst days. The mind works in two different ways: the long view and the short view. Controlling which aspect wins out is the key to willpower. Willpower For Dummies breaks this complex science down into easily digestible bits, written in plain English with a dash of humour. You'll find scientifically robust guidance toward strengthening your willpower just like a muscle, and expert advice on training your brain to work with you instead of against you. Discover the most important factors in building self-discipline Learn how to set goals and how to train your willpower Practice simple willpower-strengthening exercises Employ coping strategies for when you're about to break Whether you're trying to lose weight, quit smoking or just work harder, rest assured that you can do it—regardless of past failures and false starts. Willpower is not a trait, but a skill. Everyone can learn it, and everyone can make it stronger. Willpower For Dummies walks you through the process, teaching you the skills you need for lasting success.

health and wellness tips for summer: *Child Health Magazine* , 1920

health and wellness tips for summer: The South Beach Diet Cookbook Arthur Agatston, 2004-04-13 A companion to The South Beach Diet presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

health and wellness tips for summer: The Whole Body Reset Stephen Perrine, Heidi Skolnik, AARP, 2022-03 The first-ever weight-loss plan specifically designed to stop-and reverse-age-related weight gain and muscle loss, while shrinking your belly, extending your life, and creating your healthiest self at mid-life and beyond--

health and wellness tips for summer: Healthy Dividends Tricia Silverman, 2019-08-15

health and wellness tips for summer: Summer Fit All Year Round Sally Fitzgibbons, 2017-12-27 Over 100 fun and nutritious recipes. Pro-surfer Sally Fitzgibbons shares her 4-week food and fitness plan to keep you summer fit, all year round. Summer Fit is bursting with practical tips to help you take care of yourself and live a healthy life no matter what the season. The comprehensive plan includes achievable workouts that can be done anywhere, anytime, plus a collection of Sally's favourite wholefood recipes that will nourish and sustain you. Sally is passionate about the power of good nutrition. As an elite athlete, she has learnt that the secret to continued wellbeing lie in a daily

routine that embraces healthy food choices and a positive mindset. I'll show you how I eat to nourish my body, the training I do to stay in shape all year round, and how I take care of myself so that I can enjoy everything life has to offer

health and wellness tips for summer: Naturally Thin Bethenny Frankel, 2009-03-10 From New York Times bestselling author Bethenny Frankel, the book that started it all: Naturally Thin. Bethenny Frankel, reality TV star, "Queen of Cocktails," and "Mommy Mogul" has always had a passion for preparing and enjoying healthful, natural foods and sharing that love. The New York Times bestseller Naturally Thin shows how anyone can banish their Heavy Habits, embrace Thin Thoughts, and enjoy satisfying meals, snacks, and drinks without the guilt. Armed with Bethenny's rules, you will say: -I know when I am really hungry -When I'm really hungry, I look for high-volume, fiber-rich foods -I can have any food I want -I love the taste of real food With more than thirty simple, delicious recipes (including her famous SkinnyGirl Margarita), a one-week program to jump-start readers on the Naturally Thin lifestyle, and warm, witty encouragement on every page, Frankel serves up a book for a healthier and thinner life.

health and wellness tips for summer: Health And Fitness Tips That Will Change Your Life James Atkinson, JimsHealthAndMuscle.com, 2017-10-14 <h2>How would you like a fitness and weight loss plan that's easy to start, fun to do, personal to you and is guaranteed to give you real fitness results that will change your life forever?</h2> What if you could finally achieve long term weight loss or other fitness goals? What if you could easily implement mind-set tricks, small diet tweaks and quick exercise routines to enhance your whole lifestyle? If you have ever wanted to achieve a fitness, weight loss or any other lifestyle goal but have never felt the outstanding satisfaction that comes with it, then this is the book for you! Imagine making small, simple, positive changes to your lifestyle that will have a huge impact and last forever! Would you like to make your fitness goals as easy as possible and have fun doing it? In this book, you will discover • A full year of health and fitness tips ready and waiting for you • A solid lifestyle blueprint for you to implement right away or use as a template • A way to fit these small, life changing mind-set, diet and exercise tweaks easy into your life • Ways to finally achieve Long term, unstoppable fitness success! • The top 5 biggest fitness mistakes If you are looking for a fitness and weight loss guide that has • No starvation or crash dieting • Exercise that suites YOU and helps YOU find your own way of exercising • Easy to implement strategies on diet, exercise and mind-set • Diet, exercise and mind-set tips and tricks that are all laid out for you. (Some of these may surprise you) Then again, this is for you! I'm James Atkinson (Jim to my friends), a qualified fitness coach who has been in the fitness game for over twenty years spending time as a long distance runner, competing bodybuilder and I have helped thousands of people hit their fitness and exercise goals in my time as a coach and fitness author. Now it's your turn! This book has been inspired by my past readers and clients. It has been such a privilege to be able to help others through these guides and see people achieve health and fitness goals that they thought were impossible. I would like you to be the next success story! If you would like to change your life and start to live a healthy balanced lifestyle that has the power to take your health and fitness levels far beyond your ambitions, grab the book, and I will see you on the inside. I'm really excited to start our journey together! Let's get started! All the best Jim

health and wellness tips for summer: Eat the Berries Jamie Hernandez, 2019-06-04 This practical weight loss guide for busy moms is full of easy-to-follow tips and advice on finding diet and exercise habits that work for your life! Are you still carrying those extra ten, twenty, or even one hundred-plus pounds of baby weight? Are you too busy being a mom to figure out how to lose them? Certified holistic health and life coach Jamie Hernandez helps moms just like you lose the weight and feel great. Her book, Eat the Berries, will teach you how to make small, realistic lifestyle changes that fit into your schedule so you can have lasting results! In Eat the Berries, you will learn to: Create an eating plan that works for you and your lifestyle as a mom Find exercise that is fun and that you will really want to do Reach your goal weight and stay there Learn healthy habits and make them stick Be who you are meant to be Eat the Berries will not only teach you how to use food and

exercise to achieve your weight loss goals, but how to get your mind to work for you in the process. Are you ready to try something new, and get new results? Let's do this!

health and wellness tips for summer: Insiders' Guide® to Omaha & Lincoln Sarah Baker Hansen, 2011-09-01 A first edition, Insiders' Guide to Omaha & Lincoln is the essential source for in-depth travel and relocation information to Lincoln and the Omaha-Council Bluffs metro areas. Written by a local (and true insider), this guide offers a personal and practical perspective of the Omaha, NE, Lincoln, NE, Council Bluffs, IA, and its surrounding environs.

health and wellness tips for summer: The College Wellness Guide Casey Rowley Barneson, The Princeton Review, 2021-09-28 A brand new guide that helps overwhelmed students manage their mental, physical, and social health, and reach and maintain a healthy balance in their college lives. Every year, nearly two million students arrive at college campuses, ready to embark on the best four years of their lives. Yet the reality is that the current cohort of students is one of the most stressed, anxious, and depressed ever. These stressors have real effects on students' grades, social life, and physical health. And the stakes are high! Students with the right community and support services have better outcomes, from increased chances of on-time graduation, to greater ability to take on head-start opportunities (like internships) that have deep impact on post-college life. The Princeton Review is proud to introduce The Campus Wellness Guide, an innovative new book that provides a mix of information, resources, and self-assessment activities to help students reach and maintain their overall health. The book includes: Information on how to assess your college fit academically and socio-emotionally Self-assessment activities that students can use to ID their specific stressors and ways to alleviate those issues Sections on physical, mental, and social wellness, each with data-backed insights and research to help define the issues and strategies for handling Proactive activities for student use, with reflection prompts to help develop roadmaps toward a healthier status quo Wellness highlights, e.g., information on colleges with exceptional track records in specific wellness issues Resources for national and college-specific help

health and wellness tips for summer: Ripple Effects Gerry Ellen, 2012-03-31

health and wellness tips for summer: Reader's Digest Health Secrets for Long Life Reader's Digest, 2021-12-14 Simple changes or additions to your diet, exercise habits, and daily routine can boost your physical and mental health at every stage of life. Did you know that dried fruits can help banish brain fog? That a daily dose of aspirin may help prevent cancer? That honey treats hangovers? These are just a few of the hundreds of tips and facts contained in Reader's Digest Health Secrets for Long Life. Here you'll find information from around the world on special diets, prescription drugs, herbal medicine, and home remedies as well as the safest and most effective treatments to include in this easy-to-use family health reference. Stay young, happy, and vibrant with simple suggestions such as the following: Get a flu shot to prevent heart attacks. Heart attacks are more common in the winter, especially among people who have had an infection such as the flu a week or two earlier. Warm your feet to ease headaches. Putting your feet in a bowl of warm water dilates the blood vessels in your feet and draws the blood away from your head, which may ease pain. Lift weights to lower your blood pressure. It improves blood flow and triggers a long-lasting drop in blood pressure. Use the power of flowers and herbs to ease your mood. Bach Flower Rescue Remedy is a popular standby for moments of emotional crisis. Lemon-scented lemon balm calms anxiety and depression. Reviewed by medical and nutrition experts, Reader's Digest Health Secrets for Long Life offers essential information to boost your physical, mental, and emotional health at every stage of life.

health and wellness tips for summer: Love Your Body Feed Your Soul Summer Sanders, 2020-01-07 The ultimate guide to self-love, health, beauty, and happiness. This is a wellness book that goes way beyond the surface, grounding you in the intrinsic beauty of plant-based foods, while elevating you with inspired skin care recipes and sacred routines that tap into your inner glow and intuition. Filled with vibrant photos that turn you on to the sensuality and real pleasure of sacred beauty, healthful cuisine, and conscious rituals, Summer Sanders, author of Raw and Radiant, dives deep beyond the food and into the heart to awaken the senses and shine light on a new way of

connecting to food, health, and life. From topics like beauty, hormones, and cleansing, to motherhood and meditation, this book covers everything you need for total transformation from the inside out: Recipes for natural masks, scrubs, and hair treatments Tips for seasonal cleansing and natural remedies Healing tonics and smoothies Self-care checklists and simple rituals to stay grounded Mantras and meditations to connect to the power within Light and bright food that will make you feel radiant Intuitive eating, cycle syncing, and fully enjoying life and body And more This book contains everything you need to access and release your inner goddess—it will inspire the radiance of women while supporting us to release the old patriarchal views of beauty and embrace the real feminine powers that are living within us all.

health and wellness tips for summer: Workout to Go National Institute on Aging (U.S.), 2016-02-06 Are you just starting to exercise? Getting back into a routine after a break? Wanting to keep up your physical activities away from home? The 13 exercises in this sample workout can help. In this booklet, you'll find easy-to-follow strength, balance, and flexibility exercises that you can do anytime, anywhere. For more exercises and information, see *Exercise & Physical Activity: Your Everyday Guide* from the National Institute on Aging (PDF ISBN: 9780160930096), or check out the resources offered through Go4Life®, an exercise and physical activity campaign from the National Institute on Aging at NIH (go4life.nia.nih.gov). Featured exercises include: Hand Grip Wall Push-Up Overhead Arm Raise Back Leg Raise Side Leg Raise Toe Stand Stand on One Foot Heel-to-Toe Walk Balance Walk Ankle Stretch Back Stretch Thigh Stretch Shoulder and Upper Arm Stretch Keywords: Workout; workout routines; workouts for women; workout plans for men; aging; exercises for older adults; strength; flexibility; how to be more flexible; flexibility exercises; balance; balance exercises for elderly; health and fitness; home workout routines;

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complete contentment.

health and wellness tips for summer: Good-Enough Mother René Syler, 2007-03-27 In an ideal world, mothers would have time to hand-sew their kids' costumes for the school play, prepare all-organic meals, and volunteer in the classroom at the drop of a hat. In reality, most moms have to settle for plopping their little ones in front of SpongeBob so that they can prepare yet another chicken nugget-based dinner, guiltily convinced they're falling down on the job. In Good-Enough Mother, René Syler pulls back the curtain to reveal the truth about modern mothering and reassure time-stressed moms that even if their children are strangers to made-from-scratch cookies, they can emerge as happy, well-adjusted, fully functioning members of society. Mother to two great kids of her own, Syler explains how she learned to chuck perfection for practicality -- in short, how she became a Good-Enough Mother. She shows other women seeking to balance family, work, and some semblance of a personal life how to happily join the ranks of Good-Enough Mothers, who occasionally serve breakfast for dinner yet give their children plenty of what really matters -- love, time, and support. Each essay provides welcome empathy and sage advice on navigating life's different obstacles, whether it's dealing with annoying Supermoms, bluffing through a third grader's math homework, or coping with the words that strike terror into every parent's heart (Your son's teacher on line one). Offering real wisdom tempered with humor and warmth, Good-Enough Mother will have every modern mom laughing in relief and recognition.

health and wellness tips for summer: A New Way to Age Suzanne Somers, 2020-08-04 #1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging. With A New Way to Age, she “is at the forefront again, bringing seminal information to people, written in a way that all can understand” (Ray Kurzweil, author of How to Create a Mind) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you’ve just had the best checkup ever. There is a new way to age. I’m doing it and it’s the best decision I’ve ever made. I love this stage of my life: I have ‘juice,’ joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and “the big three”: heart disease, cancer, and Alzheimer’s disease. But you don’t have to accept this fate. Now there’s a new way to grow older—with vibrancy, freedom, confidence, and a rockin’ libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

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superfoods to help shrink your waistline A comprehensive maintenance plan to help you stay on track Belly Fat Diet For Dummies is a complete and informative guide that makes shedding weight practical and fun—with results in days.

health and wellness tips for summer: How to Stay Happy Helen Jaeger, 2022-01-04 How do I deal with worries? How much sleep do I really need? How can I be kinder to myself? Your brain is amazing, but sometimes it needs some help from you to stay happy. It's good to know how to look after it! Packed with simple explanations, advice, quick tips, journaling prompts, and awesome activities, How to Stay Happy will help you look after your brain, so your brain can look after you. Comes with mood tracker poster!

health and wellness tips for summer: Connected Parenting Jennifer Kolari, 2009-05-14 Read Jennifer Kolari's posts on the Penguin Blog. A groundbreaking, counterintuitive parenting approach to create deep, empathic bonds with challenging children A child and family therapist for more than twenty years, Jennifer Kolari began her career working with children who suffer from severe behavioral problems. That experience taught her an invaluable lesson: It wasn't tough discipline that helped these kids change their behavior and build self-esteem. It was unending compassion and empathy. Now Kolari applies these lessons in her work with all families, teaching them how to take a non-defensive stance through even the most heated moments. Filled with heartfelt advice, Connected Parenting helps parents: •set limits and change problem behaviors for good •lower the child's anxiety level •stop the endless battles over homework, routines, food, and more •learn how to keep cool in any situation Powerful and inspiring, Connected Parenting includes incredible stories from families who have experienced miraculous transformations- often in just a few weeks-using Kolari's parenting approach. It is a dynamic blueprint for bringing peace and loving connections into any family for life.

health and wellness tips for summer: Total Body Diet For Dummies Victoria Shanta Retelny, Academy of Nutrition & Dietetics, 2016-01-26 Develop your own personal weight loss plan based on sound expert advice Total Body Diet for Dummies is your expert-led guide to losing weight — and keeping it off — the healthy way. It's easy to fall into the trap of fad diets with their promises of fast results and little effort, but fad diets are often ineffective at best, or downright dangerous at worst. This book gives you the benefit of expertise instead, putting Academy of Nutrition and Dietetics guidelines right at your fingertips. You'll learn why physical activity, calorie counting, and psychological support are the cornerstones of successful and lasting weight loss, and why you should track your food intake, exercise, and sleep. You'll learn all about the various tools that can help you reach your goals, including mindful eating, wearable technology and mobile apps, and how to choose the right ones for you. Written by a registered dietitian nutritionist, these easy-to-follow and simple-to-apply tips will help you develop a customized weight loss plan without upending your day-to-day life or breaking your budget. Conflicting guidance and questionable sources can make it that much harder to lose weight successfully without the help of a knowledgeable professional. This book cuts through the noise to bring you real guidance based on real research, with true expert advice to help you: Lose weight for good in a mindful way Become lean, strong, and healthy Stay on track with wearable tech Feel better and get energized Losing weight is not about 'magical' foods or self-deprivation. It's about your overall pattern of food intake, and most foods can fit into a healthy pattern in moderation. You just need to learn how to do it mindfully. Total Body Diet for Dummies is the supportive, informative guide you need to get right on track to a healthier you.

health and wellness tips for summer: Body Kindness Rebecca Scritchfield, 2016-08-23 Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the

unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

health and wellness tips for summer: Slim by Design Brian Wansink, 2014-09-23 “Packed with research that shows how we can change the way we interact with our environments to make eating healthy a no-brainer.” —Oprah.com In *Slim by Design*, leading behavioral economist, food psychologist, and bestselling author Brian Wansink introduces groundbreaking solutions for designing our most common spaces—schools, restaurants, grocery stores, and home kitchens, among others—in order to make positive changes in how we approach and manage our diets. Anyone familiar with Wansink’s *Mindless Eating* knows this is not a typical diet book. Wansink shares his scientific approach to eating, providing insight and information, so we can all make better choices when it comes to food. The pioneer of the Small Plate Movement, Brian Wansink presents compelling research conducted at the Food and Brand Lab at Cornell University by way of cartoons, drawings, charts, graphs, floor plans, and more. *Slim by Design* offers innovative ways to make healthy eating mindlessly easy. “*Slim by Design* provides tons of practical and useful tips to help you and your family seamlessly improve your eating habits and make better food choices.” —Parents.com “Backed by twenty-five years of research and buoyed by its simplicity and no-cost implementation, Wansink’s book may well be the healthy lifestyle Holy Grail for which many are searching.” —Publishers Weekly “This book is a revelation! Based on proven psychology, it outlines the simple, easy, low-cost things that can be done to fat-proof your home, company break room, grocery store, favorite restaurants, and school cafeteria . . . Every plant or office manager, school lunch supervisor, restaurateur, and parent should have this book.” —Library Journal (starred review)

health and wellness tips for summer: Healthy Clothes Closet, The Jean-Marie Smith, 2019-05-14 *The Healthy Clothes Closet: Ten Principles for a Woman's Wardrobe* will help answer the perpetual question, “What shall I wear?” This information-packed book will provide women with practical applications of principles of health in relation to clothing selection, including the best choices for healthy footwear and even purses. *The Healthy Clothes Closet* also contains details of the health effects of fabric options, and issues regarding fabric care and well-being. Color selection and its influences on wellness is discussed, as well. The impact of garments on circulation and body temperature in varying weather conditions is included in the book, as well as a discussion on clothing's value for sun protection. Menopausal women experiencing hot flashes or temperature discomfort will find specific tips for apparel. Winter or summer, or anytime in between, there are healthy ideas for a woman's wardrobe! Using the Ten Commandments from the Bible as the foundation of each chapter's health principles, physical applications for clothing and health are then expounded upon from the commandments' far-reaching implications. A variety of health professionals' recommendations and research is quoted throughout the book to provide the reader with reliable information. *The Healthy Clothes Closet* is a comprehensive guide for the health-conscious woman who desires to look and feel her best!

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