



Summer is a Great Time to Get Moving

There's something about summer that gets us moving a little more. Maybe it's walking to the mailbox, planting flowers, or taking an evening stroll after dinner. The sunshine and fresh air can do wonders for both the body and mind. Staying active is one of the best things we can do for our health as we age.

But summer heat can sneak up on us faster as we get older. As we age, our bodies do not cool down as quickly, and many people become dehydrated before they even feel thirsty. Even mild dehydration can cause fatigue, dizziness, muscle weakness, or feeling unsteady while walking.

Tips to Stay Active Safely in the Heat:

- ✓ **Morning movement is easier on the body.** Temperatures and humidity are lower earlier in the day, reducing stress on the heart and muscles.
- ✓ **Water first, coffee second.** Don't wait until you feel thirsty to hydrate. Also, not drinking enough water can increase dizziness and fall risk.
- ✓ **Heat causes fatigue faster.** Activities that normally feel easy may suddenly feel more tiring in hot weather.
- ✓ **Taking breaks helps prevent overheating.** Resting in the shade or indoors gives the body time to recover.

SUPPORTING ACTIVE, INDEPENDENT LIVING

Physical, occupational, and speech therapy can play an important role in healthy aging. Our therapy team helps older adults remain strong, independent and engaged in everyday life. From walking safely to managing daily routines more easily, therapy can help you stay active and connected to the life you enjoy.