- Physical fitness

Here’s how you can stay fit during summer season

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The summer heat is not only physically exhausting and uncomfortable, but it also puts us at risk for ailments like skin irritation, rashes, fever, dehydration, and food poisoning. Here’s how you can take care of your health during summer months



Want to keep healthy and avoid the scorching summer heat, which is a common concern at this time of year?
The summer heat is not only physically exhausting and uncomfortable, but it also puts us at risk for ailments like skin irritation, rashes, fever, dehydration, and food poisoning. While the summer heat is enjoyable, it is vital that we do not disregard our health. Extra care must be made to battle the heat and stay fit and healthy during this season.

Consume plenty
of water:

Summer heat and sweat can dehydrate your body, resulting in unfavourable health outcomes
such as fever and chills. Drink at least 2 to 3 litres of water per
day to keep yourself hydrated.

Avoid Alcohol and
Caffeine:

Alcohol, fizzy drinks, and coffee can all dehydrate you quickly.
If at all possible, try to limit your intake of these popular beverages, especially during hot weather. A good substitute is
plain or flavoured water.

Eat healthy and
light:

Consume small, frequent meals. Heavy meals with high carbohydrate and fat content generate a lot of heat in the
body. Concentrate on fresh fruits and vegetables with high water content, such as oranges, watermelon, tomatoes, and so on.

Take precautions to
avoid heatstroke:

Another major issue that older adults face during the hot summer months
is heatstroke. The main reason that older adults are more vulnerable to this
is that their bodies do not adjust to temperature changes as quickly. High fever, nausea, vomiting, headache, and dizziness are all common symptoms of
heatstroke.

Protect your
eyes:

Wear protective eyewear to
protect your eyes from the harsh sunlight at work and at play. When going outside, wear sunglasses that block at least
99 percent of UV rays.

Light and comfortable attires:

In the summer, it is best to dress in breathable and lightweight clothing
to keep your body temperature regulated in the hot sun. Instead of heavy clothing, choose natural
fabrics such as cotton and linen.

Indoor stays
are best:

Outdoor activities should be limited to the cooler parts of the day, such as early mornings before 11 a.m. or late evenings
after 5 p.m.