

Fun in the Summer Sun



Summer is officially here and in full force. This time of year holds an unlimited store of fun and activities in which to participate. Whether it is spending a day at Kings Island, driving up to Caesar Creek for a day at the beach or simply playing in the backyard, fun in the sun is summer ritual for most. Along with the fun, though, needs to be some precautions with the sun and heat.

Hydration is Key

Dehydration is a very serious matter and can affect anyone. Dehydration is simply not having a sufficient amount of water in the body and can happen any time of year, but summer is by far the most common. As we all know, it is so easy to get caught up in whatever activity you are participating in and forget to take a sip of water here and there. If, however, you find yourself getting thirsty, you are already dehydrated.

There are a few key signs and symptoms to look for when determining dehydration, the first of which was listed above: thirst. It is one of the most simple and overlooked symptoms. Others include fatigue, dry cough, flushed skin, intolerance to heat, light-headedness and dark-colored urine. The best way to prevent dehydration is to drink before you get thirsty and make sure to take breaks from activity to drink.

Healthy Hydration

Water is not the only way to stay hydrated this summer. Sports drinks, such as PowerAde or Gatorade are good options, as well. It is a good idea to avoid caffeinated drinks, such as coffee, soda or tea, as they tend to dehydrate you faster, as does alcohol. As good as these drinks may sound in the heat of the summer, they are not ideal for hydration. If these drinks still are calling your name, make sure to drink plenty of water as well, to promote healthy hydration.

The best way to avoid dehydration is to drink plenty of fluids. Not sure what the recommended amount is? According to the American College of Sports Medicine, it is recommended that active people should drink at least 16-20 ounces of a fluid (see above for ideas) one to two hours before activity and another 6-12 ounces every 15-20 minutes once activity has commenced. Once activity is complete, another 16-24 ounces is recommended.

To get the most from your summer and whatever fun activities come your way, make sure to stay hydrated. It is vitally important to you and your family's health and, in the long run, taking a few seconds to hydrate is well worth it.



Summer Apparel

Not only is hydration important in the summer, but so is the clothing you wear. There are so many options out there now that may have you confused. Between the moisture-wicking shirts and the warm compression shorts, along with all the brands touting the latest and greatest in clothing technology, there are so many options to choose from. Just in time for summer, we will give you all the information you need on what to wear to stay cool. Here are the basics:



Color: As we've all heard growing up, stay away from black during the summer. The reason for this is that black soaks up more of the sun's rays, increasing the temperature, where white and other lighter colors reflect the rays and keep you cooler.

Fabric: Moisture wicking clothing is very popular these days. The idea behind this clothing option is to help keep you cooler. The clothing material itself is generally made of polyester/Lycra blend and is made to dry quickly to help keep you cool and comfortable. Another option that has been coming out recently is a bamboo material that has the same wicking ability.



Fit: Compression shirts and shorts are very popular, as well. They generally have the same wicking material as listed above, but being a compression fit (tight-fitting), they are able to wick away the moisture even faster to keep your core temperature lower.

Function: Another popular clothing option is the rashguard. These were originally designed to be work by surfers to protect their skin from rashes while on the board, but the use has been expanded to all types of water sports for rash, wind and sun protection.

There are many more choices when it comes to summer clothes, from brands to the latest and greatest in material. The list above is just the basics and can hopefully get you on your way to purchasing the right clothes for your family. No matter the activity this summer, the most important aspect is safety. By making smart decisions about both hydration and clothing, your family will stay healthy and safe. Now get out there and enjoy the beautiful weather!

Referenced from:

http://my.clevelandclinic.org/disorders/dehydration/hic_avoiding_dehydration.aspx



ak.concernservices.com | 513 891 1627 | 800 841 5002