The TOPS 10 Ways to Beat the Heat

Taming the season’s high temperatures with safe activities, hydration and light food will help you stay happy and healthy. Even on summer’s hottest days, keep your cool with these tips!

1. **Plan ahead to be active**: When the sun isn’t at its peak. Get out early in the morning to garden or take a slow lope with your pup later at night, when the temperature is lower.

2. **Spritz yourself**. Keep a spray bottle in the refrigerator and when you come in from outside, treat yourself to a cool and refreshing mist. As the water evaporates, it helps bring your body temperature down.

3. **Lighten up**—instead of a giant hamburger, opt for a fresh summer salad for lunch, which is lighter for your body to digest and won’t leave you feeling sluggish in the summer heat.

4. **Embrace the aquatic life**. Try any number of water-centric activities like kayaking, paddleboarding, water aerobics or swimming.

5. **Stay hydrated!** This seems like a no-brainer, but it’s easy to become so preoccupied with summertime shenanigans that we forget to drink enough water. Keep your water bottle handy. You may also cool off with hydrating fruits like watermelon.

6. **Go bare (foot, that is)**. Not only is it more fun to pad around on your peds, it can also keep you cool! Shuck your shoes, but watch your step.

7. **No A/C? No problem**. **Head off to the mall** to get your steps in and do some window shopping, to boot!

8. **Freeze fresh fruit**, like blackberries or blueberries, and use it to chill your iced tea or flavor your water.

9. **Cool your whole body**, creatively. Dip a towel in cold water and apply to your pulse points (the underside of your wrists, and the back of your knees and neck). This will cool you down in a jiff!

10. **And remember! Stay sun savvy**. Educate yourself on what SPF sunscreen you should use, for the level of UVA and UVB protection you need, and how much of it you should apply to each part of your body.