



220 Parker St. Warsaw, IN 46580

To enroll: (800) 428-0408, option 2

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5 Wellness Tips for the Summer

Introduction

The warm summer months make it easier to stay active, eat healthy food, and soak up the sun's rays to produce vitamin D. But if you want to get the most out of the season, it's important to make your wellness a top priority. To support your mind, body, and spirit while you're enjoying the next few months, keep the following five tips in mind.

1. Sun Protection

Even though sunlight triggers the production of vitamin-D naturally, an estimated 40% of Americans have a vitamin-D deficiency.¹ During the summer months, when the sun's rays can pass through the atmosphere and stimulate vitamin-D production, it is advised to get 15 minutes of early morning or late afternoon sun exposure to increase your vitamin-D levels. However, spending excessive time outside without protection can negatively impact your skin in both the short and long term. Too much time in the sun without protection can cause uncomfortable burning, and exposure over several years can ultimately result in skin cancer. Skin cancer is the most common form of cancer in the U.S., but there are several steps you can take to protect against it.²

To reduce the effects of the sun's potentially damaging ultraviolet rays, wear sunglasses that keep your eyes covered and always apply sunscreen before going outside. Search for natural, plant-based options that offer sufficient protection.³ When you purchase sunscreen, pay attention to the sun protection factor (SPF). If you will be in the sun for a long time, use SPF 60; otherwise, SPF 30 is the recommended minimum. Additionally, experts say you should apply sunscreen at least 15 minutes before going outside.⁴ If you do wind up with sunburn after a long day outside, keeping aloe vera in [your natural health toolkit](#) can help soothe your skin. Apply the aloe gel liberally to your burn area to experience its cool, refreshing effects.

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By taking these steps to protect yourself and your family when you spend time in the sun, you'll be able to get the most out of the summer warmth without risking long-term damage to your skin.

2. Insect Repellent

The heat of summer brings more people outside, but it also brings more bugs, especially mosquitos. While bug spray is commonly used to keep insects away, it is always important to look at the label. Most products contain DEET, which can have long-term health consequences. Instead of using a repellent with dangerous chemicals, look for natural alternatives.

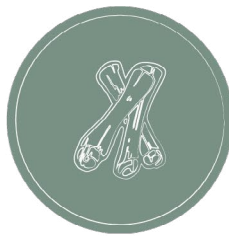
If you can't find a mosquito repellent with ingredients you trust, you might be able to make something yourself. Several essential oils are considered effective in keeping bugs away.⁵ Some of the most commonly used include:



Lemon eucalyptus



Lavender



Cinnamon



Thyme



Tea tree

Of course, even when you use a repellent, bug bites are annoyingly common. Be careful to check for new bites or ticks if you've spent time outside. Additionally, keeping natural itch-relieving creams and oils on hand can ensure that you're prepared for the potential drawbacks of being outside for long periods of time.

3. Hydration

It's easier to get dehydrated in warm weather because your body loses more water through perspiration. When you feel thirsty, it might be easy to reach for a sweet drink like soda or juice, but drinks like these are the leading source of added sugars in the American diet.⁶ Instead, hydrate as much as possible by drinking water. If you are craving a sweet or flavored drink, try adding cucumber, strawberries, lemon, or mint to your water.

There isn't a singular rule for how much water you should drink because it depends on your weight and daily activity level. However, you can calculate what works best for you by following these steps:

- First, divide your weight by $\frac{1}{2}$ to find the number of ounces you need to drink. For example, if you weigh 174 pounds, you need about 87 ounces of water every day.
- Add 12 ounces of water for every 30 minutes that you spend working out. So, if you would normally need 87 ounces of water each day, but you spend one hour exercising, you'd add 24 ounces to get 111 total ounces for the daily target.

Drinking water is one of the most important daily activities you can do during the summer. It is a key component of the digestive system's functions, and it will help you stay cool to avoid the dangers of heat exhaustion or heat stroke.

4. Seasonal Produce

Summer is the best time for fresh fruits and vegetables, and you can take advantage of the finest ones at local farmers' markets. When you shop locally, you are more likely to have the most natural, healthy ingredients for your meals.

Getting fresh food at local markets isn't only delicious but also good for your body because summer produce has excellent health benefits.⁷ Some of the best in-season fruits and veggies during the summer are:

- **Raspberries**, which offer a great source of fiber
- **Watermelon**, which keeps you hydrated
- **Corn**, which has natural antioxidants ([Read our eBook to see why antioxidants are so important.](#))
- **Tomatoes**, which have lycopene in them and may help protect your skin against sunburn

Keeping a balanced diet is essential for supporting your energy levels and helping you feel your best. Incorporate plenty of protein, fiber, and fat into your meals to ensure you're feeding your body what it needs throughout the year.

You have a whole summer to accomplish your wellness objectives, so take time to map out reasonable benchmarks.

5. Exercise Plan

Nice weather isn't nearly as enjoyable when you don't go outside to take advantage of it. Try to avoid getting lethargic or unmotivated over the summer by incorporating a regular exercise routine. Our bodies and minds thrive when they have a purpose, so setting a fitness goal for the summer will help you stay motivated physically, mentally, and spiritually.

Even if you only have a few minutes to spare, set aside time for staying active. Mark it in your calendar to keep yourself accountable. It can be as simple as a walk through the neighborhood, a short stretching practice, or anything else that gets your heart pumping.

Remember, you have a whole summer to accomplish your wellness objectives, so take time to map out reasonable benchmarks. Be smart about what works for you, and adjust your goals accordingly. Always consult your doctor before beginning a new exercise routine; this is especially important if you have a pre-existing condition.

Conclusion

For many, summer is the best time of the year. You get to be outside, buy fresh food, and enjoy time with your family. To get the most out of summer, it is important to be intentional with your pursuit of wellness by practicing healthy habits. You might even want to get the whole family involved by taking weekend trips to the farmers' market, setting a family fitness goal, or making your own insect repellent.

However you choose to celebrate the change in seasons, our team at Trinity School of Natural Health wants to help support your mental, physical, and spiritual growth. Consider becoming a Holistic Fitness Specialist or a Certified Aromatherapy Specialist to instill lifelong healthy practices in your whole family. Contact our Enrollment Specialists today by calling 800-428-0408, option 2.

REFERENCES

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