

Oregon Military Department Summer Health & Wellness Flyer

Healthy Summer Tips

[The National Center for Disease Prevention and Health Promotion](#) offers us some tips for a healthy summer.



1. Move More, Sit Less!

Get at least 150 minutes of aerobic physical activity every week.

2. Wear Sunscreen & Insect Repellent

Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection.

Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks. If you use both sunscreen and insect repellent, apply sunscreen first. After you

come indoors, check clothing, body, and pets for ticks.

3. Keep Cool in Extreme Heat

Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions. Stay cool. Stay hydrated. Stay informed.

4. Eat a Healthy Diet

Delicious fruits and veggies make any summer meal healthier.

5. Rethink Your Drink!

Drink fluoridated water instead of sugary or alcoholic drinks to reduce calories and stay safe.

6. Don't Use Tobacco

You can quit tobacco today! Find the free quitting support that's right for you.



TIP



TIP



Two Weeks Ready Awareness

With the concerns over high heat and wildfires for Oregon, always be ready for the unknown by educating yourself to be prepared. Protect your loved ones by knowing what to do in case of an emergency. Don't get caught finding yourself not ready when action needs to happen. Be two weeks ready by viewing our online presentation about the basics related to being prepared for any disaster.

Workday Training Link: [Click Here](#)

Summer Travel

When considering what snacks to bring on your summer road trip, think about some delicious and nutritious like these ideas offered to us by TotalWellness:

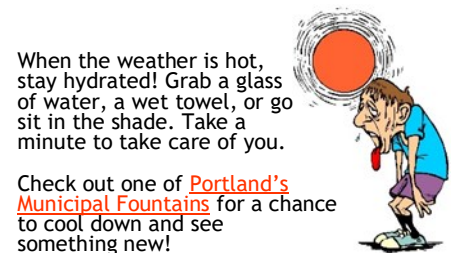


- Dried Jerky
- Boiled Eggs
- Seaweed
- Popcorn
- Fresh Fruit
- Pumpkin Seeds
- Carrots
- Roasted Chickpeas
- Dark Chocolate
- Protein Bars

Other tips recommended to keep your health in check on the road:

- Keep healthy snacks in stock
- Wear a mask in crowded areas
- Stay hydrated by drinking water
- Stop long before exhaustion hits
- Avoid phone distractions while driving

Here's to hoping you have a wonderful summer!



Check out one of [Portland's Municipal Fountains](#) for a chance to cool down and see something new!

