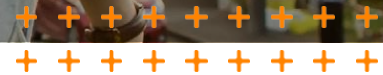




It's time to shine



Stay safe this summer

Take advantage of fresh produce and healthy grilling

Fill up on fresh, local produce to get your daily intake of fruits and veggies. Embrace grilling – grilled foods are usually lower in fat because there is no need to add fat or oil to the cooking process.

Stay hydrated

Drink plenty of pure, cold water to help prevent you from overeating and protect you from dehydration. Get creative by adding fruit to your water, like fresh berries or choosing snacks with high water content, like watermelon.

Protect your skin

Wear sunscreen that's water resistant and has a SPF of 30 or above. Reapply every couple of hours for maximum protection.

Take time off from work

Go on vacation to break from your busy schedule and daily routines. Practice mindfulness by staying present and soaking in each and every moment.



Protect yourself from wildfire smoke by creating a cleaner air space at home and limiting outdoor activities during smoky conditions. Get more tips from [Oregon Health Authority](#) on staying well this wildfire season.

Get moving outside

Enjoy the outdoors by hiking, biking, swimming or playing tennis. Aim for 30 minutes of activity most days. Try to workout early in the morning or late in the day protect your skin and avoid overheating.

Choose the right sunglasses

Keep your eyes protected and comfortable by choosing sunglasses that block both UVA and UVB light.

Keep cool at home

Close blinds and curtains to help keep the heat out during the day. Make dinner in the backyard or at a park instead of cooking over a hot stove. Take a cold shower to cool your body without needing to turn on the air conditioner.

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