

Take a few precautions to avoid common warm weather injuries and beat the heat

Too much of a good thing—in this case, hot weather—can lead to dehydration and heat stroke. When it heats up outside, follow these guidelines:

Drink plenty of water, using your thirst as a guide. If you have children, offer water frequently. They may not ask, even when they're thirsty.

If you're being active, drink some water before, during, and after your activity.

Exercise during the cooler parts of the day.

Avoid beverages that are dehydrating such as alcohol and coffee.

Wear a hat with a brim to shade your head.

Stay indoors or in the shade during the hottest parts of the day.

Watch for signs of heat exhaustion or heat stroke including muscle cramps, fever, clammy skin, mental confusion, light headedness and rapid breathing. Anyone with these symptoms should lie down in a cool area, slowly drink a cool liquid, remove clothing, and cool down with a fan or by applying a cool washcloth or cold packs. If there's no improvement, call your personal physician during office hours.

Protect your head when on a bike

Wearing a helmet while cycling is the law in some cities in Washington State for good reason. They're very effective in protecting your head from a brain injury in a bike accident.

Whether or not you live in an area where helmets are required, be sure everyone in your family wears one.

Look for a Consumer Product Safety Commission (CPSC) label, usually located inside the helmet.

Be sure your helmet fits snugly and has an adjustable chin strap. Many helmets include Velcro pads that can be added or removed for a better fit.

The helmet should sit straight and level above your eyebrows.

Be prepared on the trail

When heading out for a hike, be sure to fill your back-pack with essential supplies. The Washington Trails Association recommends including these items:

A map of the area you're visiting, and a compass.

Extra food and water, and a way to purify water.

Rain gear and extra clothing; a firestarter and matches.

A knife or multipurpose tool; a flashlight and extra batteries.

Sunscreen and sunglasses.

A well-stocked first-aid kit (prestocked kits are available at many outdoor stores).

Other items to consider adding: a cell phone, insect repellent, a whistle, emergency blanket, mirror for signaling, duct tape, gloves, and extra socks. Be sure you let someone know where you're going, and check weather reports before you leave. If bad weather is predicted, choose another day for your hike.

Your suggestions appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in our products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off any of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so you can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)

[Follow us on Google+](#)/[Pinterest](#)

(Hold down the Ctrl key & click the underlined words or logos)

Make sure to forward to friends and followers.



Connect with me at [Wizpert](#)