

Summer Health Tips





As temperatures rise,
it's essential to take
care of your health and
well-being during the
summer months.

Dehydration is a leading cause of heat exhaustion and can result in fatigue and reduced mental performance. It negatively affects alertness, concentration, work quality, and even personal safety—as well as the safety of those around you.

Hydration is Key



Summer heat increases perspiration, making hydration crucial. Here are some tips to maintain your fluid levels:

Drink plenty of water Aim for at least 8 glasses a day.

Eat your water Include fruits and vegetables with high water content. Watermelon and strawberries contain about 92% water. Other great options include oranges, grapes, cherries, tomatoes, spinach, and radishes. These not only hydrate but also provide essential nutrients.

Replenish electrolytes If you're physically active, include drinks like coconut water, sports drinks, or oral rehydration solutions to maintain electrolyte balance.

Limit caffeine and alcohol These can contribute to dehydration.

Protect Your Skin



Wear sunscreen Use a broad-spectrum sunscreen with SPF 30 or higher

Seek shade Avoid direct sunlight between 10 AM and 4 PM.

Wear protective clothing Long-sleeved shirts, sunglasses, and wide-brimmed hats offer added protection.



Your water requirements depend on the type of work you do. Strenuous activity, especially on warm days, increases perspiration and water needs. Similarly, working in an air-conditioned office can accelerate moisture evaporation from your skin and lungs, leading to increased water loss. Therefore, it's important to drink more water accordingly.

Stay Active Safely



Exercise early or late Avoid strenuous activity during the hottest parts of the day. Opt for morning or evening workouts.



Stay cool Wear lightweight, breathable clothing and take breaks in the shade or indoors.



Listen to your body If you feel dizzy, lightheaded, or nauseous, stop exercising and hydrate immediately.

Be Mindful of Allergies

Summer can trigger allergies due to pollen and other allergens.



Monitor pollen levels Avoid strenuous activity during the hottest parts of the day. Opt for morning or evening workouts.



Shower after being outdoors Wear lightweight, breathable clothing and take breaks in the shade or indoors.

How MetLife Can Help

- Educational Awareness: In the form of webinars and newsletters to help you make informed decisions. For more information, please visit: [Your Guide to Holistic Wellbeing - Articles, Webinars & Expert Tips/ MetLife UAE](#)

Stay Active. Stay Strong.

Conclusion

By following these summer health tips, you can enjoy a safe, fun, and healthy season. Remember to stay hydrated, protect your skin, stay active, eat well, and manage your allergies. Have a fantastic summer and take care!

Please do send us your feedback at well-being@metlife.ae. It will help us improve this newsletter if we hear that our content has made a difference in your wellbeing. We are keen to listen to you and to improve for you.

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