



of Harley Street



KEEP IT LIGHT

Start your day with a healthy breakfast and keep your meals light. Add salads and berries to picnics and outdoor meals. Cut back on the burgers at BBQs; replace those with healthier alternatives such as grilled fish or chicken. Try to avoid or reduce your intake of alcohol, caffeine and fizzy drinks as these can leave you dehydrated.

WEAR SUN CREAM

While the sun is great for making sure your body gets all the Vitamin D it needs, it also emits harmful UV rays that are damaging to your skin. To make sure you are getting constant protection it's recommended to reapply sunscreen every 2 hours and straight after swimming.



DRINK PLENTY OF WATER

Make sure you are drinking throughout the day (around 8-9 glasses a day) and not just when you're thirsty. You can use the colour of your urine as a helpful guide to how hydrated you are (the clearer it is, the better).



CHASE THE SHADE

Limit your exposure to the sun by staying in the shade, especially between the hours of 10am and 4pm, when UV light is strongest. If you're planning to be out in the sun for long, you can still make sure you enjoy the sun while avoiding sunburn by wearing a hat as well as appropriate clothing that covers your skin, and by protecting your eyes with UV-blocking sunglasses.

KEEP COOL THIS SUMMER



BE COOL - EAT WELL

It is estimated that we get 20% of our daily water intake from the food we eat, so reach for water-rich fruits and vegetables such as strawberries, watermelon, celery, and cucumber. As well as helping you stay cool, hydrated, healthy and refreshed, this is also a simple way to make sure you are getting your 5 a day.



SUN'S OUT, RUNS IN

While it's best not to exercise outdoors in the sweltering heat, you can take advantage of the long summer days and head out for a run or a bike ride in the mornings or evenings, or when the days are cooler (make sure to take plenty of water and sunscreen). Running near water, such as by lakes, rivers and canals, can also provide breezier conditions to help you stay cool, protected and healthy this summer.