



Sun-Safe and On the Move: Tips for Active Lifestyles

Summer has arrived, and it's the perfect time to head outdoors! Getting active in the fresh air is a fantastic way to boost both your body and mind—but don't forget to stay safe while you enjoy the sunshine!

Being too hot for too long can cause heat-related issues. Here are some sun illnesses to watch for while staying active outdoors and some ways to prevent them:

- **Heat cramps** are when the muscles get tight and painful from hard work or activity.
- **Heat exhaustion** is when the body cannot keep itself cool any longer.
- **Heat stroke** is the most dangerous of heat illnesses, and a person becomes disoriented.

Knowing ways to prevent sun illness and having fun outside make the time more enjoyable. Make sure you:

- Drink plenty of liquids and stay hydrated—beverages such as water and items with electrolytes, like low-sugar sports drinks.
- Watch the weather reports. Watch for high temperatures, high humidity, and air pollution levels that can make breathing more difficult.

- Dress for the weather. Wear breathable materials like cotton. Dress in light colors.
- Try not to overexercise or perform intense activities that overheat the body. Consider a lower intensity activity, such as walking.
- If you start to feel dizzy or lightheaded, get to a cool place, such as a tree with shade or a nearby building.

National Institute on Aging. Hot Weather Safety for Older Adults. Reviewed Sept. 2, 2022. Accessed Aug. 15, 2025. nia.nih.gov/health/hot-weather-safety-older-adults

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