Tips for a **Healthy Summer**

Follow these tips to help prevent chronic disease and have a #HealthySummer.

1
Move More, Sit Less!

Get at least **150 minutes** of aerobic physical activity every week.

TIP

Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two.

2
Wear Sunscreen & Insect Repellent

Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection.

Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.
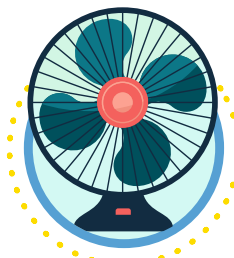
TIPS

Apply sunscreen before insect repellent. After you come indoors, check your clothing, body, and pets for ticks. Reapply sunscreen after 2 hours and after swimming, sweating, or toweling off.

3
Keep Cool in Extreme Heat

Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.

Stay cool.

Stay hydrated.

Stay informed.

4
Eat Healthy Foods

Delicious fruits and veggies make any summer meal healthier.

TIP

Healthy eating supports muscles, strengthens bones, and boosts immunity.

5
Choose Your Drinks Wisely

Drink water (fluoridated tap or unsweetened bottled or sparkling) instead of sugary or alcoholic drinks to reduce calories and stay safe.

TIP

Add slices of fruit to water for a refreshing, low-calorie drink.

6
Don't Use Tobacco

You can quit tobacco today! Find the free quitting support that's right for you.

Call 1-800-QUIT-NOW.

Download the QuitSTART App.

Visit CDC.gov/quit

Access smokefree tools and tips.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.