

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 Learn more about activities you can do to stay active while #socialdistancing.

2

Wear Sunscreen & Insect Repellent

For sun safety, wear layered clothes and apply broad spectrum sunscreen with at least SPF 15.

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



TIP If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.

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 a Healthy Diet

Delicious fruits and veggies make any summer meal healthier.



5

Rethink Your Drink!

Drink water instead of sugary or alcoholic drinks to reduce calories and stay safe.



6

Don't Use Tobacco

You can quit today! Build a quit plan and get resources to help you quit.



Call 1-800-QUIT-NOW.



Download the QuitSTART App.



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.