

Sizzling Summer Survival Checklist

6 WILD WAYS

to Tame the Heat After 65!



Splash-tastic Hydration:

Get creative with your drinks! Jazz up water with a cute umbrella and a splash of 100% juice. Embrace tropical vibes with coconut water and electrolyte-rich sports drinks to stay hydrated and beat the heat in style.



Doctor's Heat Check:

Reach out to your doctor to understand how heat might affect your health conditions and medications. Whether it's through nurse lines or video chats, ensure you're informed about preventing heat stroke and staying safe in the sun.



Chill in Style:

Don UPF 50+ clothing for lightweight protection and add mosquito repellent if needed. Complete your heat-beating ensemble with a stylish UPF hat, sunglasses, and even a cooling collar for your neck. You'll be ready for a safari or any adventure!



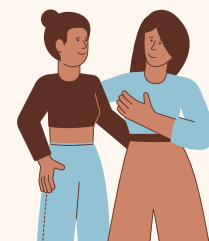
Nutrient-Rich Refreshments:

Fuel up with hydrating and nutritious foods like fresh fruits, veggies, salads, and protein-packed smoothies. Keep your home cool by using crockpots, Insta-pots, or air-fryers for cooking. And when the mercury rises, don't hesitate to unleash your pandemic-era order-in skills!



Sun-Free Fun:

Stay in and catch up with Hallmark movies, walk at an indoor mall, meet friends at a movie, watch Pickleball tips on TV, or Zoom a Farkle game with a friend. Don't forget Fido – cover paws on walks and break out the kiddie pool and spa together!



Connect and Conquer:

Set up a neighborhood App connection through NextDoor or create your own village tree to stay connected. Connect, Connect, Connect!

*Remember, these wild ways are your ticket to conquering the heat and having a blast after 65!