



Summer Tips

1. **Stay hydrated.** 8-10 glasses of water daily. Keep a reusable water bottle close at all times.
2. **Do yoga** at least once a week.
3. **Connect with nature daily.** Get outside for daily outdoor activity. A hike, bike (with a helmet), walk, swimming, kayaking, yoga in the park, gardening etc. Sunshine & water are nature's best medicine.
4. **Wear a good sunscreen & a bug repellent** of course. Make your own or check out your products by using the EWG app. Witch Hazel & lavender essential oil can provide natural assistance dealing with itchy bites.
5. **Keep aloe vera gel** at home to help soothe sunburns & help heal summer skin.
6. **Have an antiseptic spray** ready to use. Try tea tree, lavender & frankincense with some witch hazel & water for a natural healing/cleansing spray.
7. **Make time** to visit your favourite health professionals (Naturopath, massage therapist, acupuncturist, osteopath etc).
8. **Stay shady** by wearing a hat & sunglasses. Avoid midday sun exposure to help protect your skin & eyes. Wear sunglasses that block 100% of UV rays. Sunglasses can help prevent cataracts, as well as wrinkles & sun spots around the eyes.
9. **Fit tip:** When staying at hotels, find ones with gyms to have the option available.
10. **Make time for travel**, even if it's a local getaway. Exploring is great for the mind, body & soul. When staying at hotels, find one with gyms.
11. **Connect** with people & disconnect with devices.
12. **Make time for rest**, selfcare & good sleep (some sleep in a hammock too).
13. **Soothe your allergies.** Try the allergy aid roller or diffuse lemon, lavender, peppermint & eucalyptus. Ginger is also a natural antihistamine & contains anti-inflammatory properties. Consider juicing it with green apple, lemon & kale which is helpful for allergies & digestion.
14. **Eat a variety of whole foods, veggies & fruits.** Increase vitamin C & fibre intake by juicing healthy low sugar juices to help strengthen immune system & help with seasonal allergies. Try a new salad recipe each week too.
15. **Get into the habit of making a healthy smoothie everyday.** One with lots of veggies, fibre, plant proteins & some fruit (to keep sugar down).



- 16. Pack healthy snacks** when going out for the day.
- 17. Fill your home with houseplants.** They not only do a great job at removing pollutants, but they also convert the carbon dioxide that we exhale with each breath into fresh oxygen. These are just a few of the plants that have been shown to effectively clean indoor air:
- Spider plant
 - Bamboo palm or reed palm
 - Garden mum
 - Aloe vera
 - Peace lily
 - Boston fern
- 18. Plant a garden** to have your own healthy vegetables at your fingertips, to get outdoors & to save money. Kale is so easy to grow, so nutrient dense & delicious in many salads/meals.
- 19. Watch at least one sunrise & one sunset.** See the beauty that exists around us everyday.
- 20. Make time for the things & people that fill your cup,** that make you feel good & who make you laugh.
- 21. Exfoliate.** Summer means an increase of dead skin cells so it is important to exfoliate your skin to keep it smooth & silky. You don't need to buy expensive products to achieve a healthy summer glow. Use a simple loofah for a light scrub or make your own exfoliation scrub using a handful of oatmeal, milk & yogurt, or sugar & coconut oil.
- 22. Protect your hair.** The summer months allow for much heat, sun damage & chlorine which takes a toll on your hair. Try a clarifying shampoo & a conditioning mixture to add moisture back in. Try honey, banana, coconut oil, or an avocado to help moisturize. Avoid heat styling when possible.
- 23. Make time for hydrotherapy.** Swimming in a lake or listening to the crash of the waves on the beach is so therapeutic. Find other ways to sooth the soul.
- 24. Listen to your favourite tunes** in the kitchen, cleaning, in your car & more. Music has been proven to elevate mood & energize.
- 25. Stop & smell the flowers.** Flowers don't last that long & neither do summers. So make sure to take time to slow down this summer & enjoy the little things.
- 26. Print & check off activities** off the Summer Activities Checklist. Add other fun activities to the list to ensure the summer is full of fun.





Summer Activities Checklist

Some ideas for some fun in the summer

- Bike
- Rollerblade
- Hike/walk new trails
- Kayak/canoe
- Picnic at the beach or park
- Camping
- Golfing/range/mini putt
- Geocaching
- Yoga on the beach, at a park, vineyard or in a backyard (make it outdoors while we can)
- Find a workout buddy & workout at the park or find fun workouts online to do together
- Play basketball, soccer, bocce, softball, baseball, beach volleyball, lawn darts
- Dance classes/dance nights
- Cooking classes
- Paint night
- Concerts
- Swim
- Water workouts with weights, treading, & laps
- Go to a museum/learn something new
- Declutter & then have a garage sale
- Go to a waterpark
- Make a homemade backyard water park with a slip & slide, sprinklers & water balloon fight
- Visit markets, farms & fairs
- Go cherry picking
- Go to the beach
- See a sunrise & sunset
- Bake
- Make ice cream/popsicles
- Play frisbee
- Skip
- Garden
- Outdoor movie night in the backyard
- Make forts or obstacle courses
- Zoo
- Aquarium
- Have a neighbourhood BBQ
- Go karting
- Arcade
- Laser tag
- Read/lay in the hammock
- Go fishing
- Trivia/games night
- Learn a new card game

