



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Summertime Tips for Your Health

Since summer is well upon us, we thought it quite appropriate to add some tips for responsible outdoor exposure to heat and sun. The American Red Cross recommends several common sense tips to prevent problems:

- Try to restrict your outdoor strenuous activities to the early morning coolest hours.
- Stay indoors as much as possible.
- Drink plenty of water regularly to keep your body cool.
- Avoid alcohol and caffeinated beverages, which can be dehydrating.
- Wear lightweight, light-colored clothing.

Unfortunately, sometimes this common sense advice goes unheeded. On June 11th 1999 the US Center for Disease Control in Atlanta issued a report that stated that between 1979 and 1996 an average of 381 people died each year from heat. The actual total deaths for those years was 6,864 people. According to the CDC about half of those victims were over 65 years of age.

** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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