

Some tips on how to get active this summer

During the summer months, the days are longer and the sun is hopefully shining! Make the most of it by taking part in some summer activities to improve your wellbeing.

1. Head outdoors

Sit outside in a shaded spot. Simply enjoy watching the world go by or read a book.

alone and enjoy a quiet moment, or with a friend or walking group to have some company, whichever you prefer.

2. Take a walk

A walk, no matter how short, can help to clear your head and get your heart pumping. Enjoy the sun, or head out earlier or later in the day when it is cooler. Walk



3. Join your community

Living with a long-term condition can be difficult and isolating. You can help overcome this by looking for activities and events that you can be a part of. Look online, in the press, or on noticeboards in shops and cafes. Looking forward to an outing can give you something to look forward to.

4. Get green fingers

Gardening can help you enjoy the sun and fresh air. You can do as much or as little as you like; grow some vegetables in a window box or join a community garden to meet new people.

5. Visit your local market

Take advantage of all the summer's seasonal produce. Try new foods and buy some healthy options to pack extra nutrients into your diet.

6. Have a picnic

Enjoy eating outside in the fresh air to have a change of scene and a break from your usual routine.

7. Be more active

Take advantage of the weather

when you can to get active outdoors. Remember to make sure whatever you choose is suitable for your level of activity and that you enjoy it. Increasing your usual level of movement will bring health benefits; improves physical health but also boosts mood and reduces stress. If it is very hot, head out early morning or later in the day to avoid the worst of the heat.

8. Stay hydrated

Make sure you drink enough liquids to stay hydrated. Eating food with a high water content, e.g. watermelon, cucumbers, and strawberries, can also help.

9. Protect your skin

Whenever you are outside, remember to wear sunscreen to prevent skin damage. Use insect repellent to avoid bites. If you do get a bite, or any other cuts or scrapes from gardening, for example, clean the wound immediately, apply an antimicrobial product and cover with a dressing to make sure it heals quickly. ▶