



Summer-time Fun

“You have fixed all the bounds of the earth; you made summer and winter.” Psalm 74:17 (NRSV)

As summer approaches, more outdoor activities are available for individuals and families. Playing in the park, walking in the neighborhood, and swimming at the local pool are just three such options for everyone. Enjoy the summer and remember to take the proper safety precautions. The three most important are to drink lots of water; to wear light, breathable clothing; and to wear sunscreen and avoid being in the sun when the sun’s rays are most direct. Drinking water and wearing light-colored cotton or other absorbent material helps the body cool, preventing heat-related illnesses. Limiting sun exposure may prevent skin cancer. Care for the body and have fun this summer with family and friends.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation’s Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



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