

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

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www.oneontaymca.org

STAY ACTIVE HEALTHY WHILE AT HOME! FOLLOW OUR FACEBOOK PAGE AND WEBSITE

TOP TIPS TO BEAT THE HEAT

H₂O to go

Take a bottle of cold water with you when you're out and about.



Avoid

Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.



Be cool

Make use of fans or air-conditioners set to cool.



Rest

Make sure you get enough sleep and rest if you feel tired.

Dress down

Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.



Enjoy

Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.



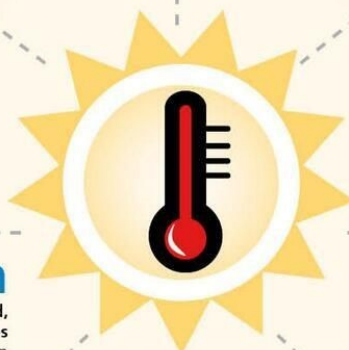
Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.



SUMMER SAFETY FOR SENIORS

It's summertime and the living is easy, but along with warmer temperatures and abundant sunshine, summer brings some special health considerations for seniors. Older adults are at risk for heat-related health problems for a variety of reasons, including chronic health conditions like heart disease or COPD, as well as age-related physical changes and the side effects of certain medications. The infographic from, our friends from the YMCA of Greater Whittier, contains lots of helpful tips.

CONTACT US:

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Remember if you have any severe reactions to the heat that can not be alleviated by rest and fluids, seek medical attention immediately.

CALL 911