

# THINK **act** be healthy



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## Get Outside!

Summer is quickly approaching, with longer days and warmer weather now is the time to get outside and enjoy the wonders of nature during the summer months. There are huge benefits to being active outside.

- Absorbing Vitamin D from the sunshine improves our mood and also makes our skin healthier and our bones stronger.
- Active exercises such as walking, biking, or playing frisbee all aid in keeping our bodies strong and balanced and is the number one approach to help reduce the onset of disease.
- Spending time in nature refreshes the spirit and relaxes the body and mind.



### Summer Activities & First Aid Kits

While summer months allow us extra opportunity to get outside and be active, there is always risk that an injury will occur. Keep a fully stocked First Aid Kit in your backpack or car to ensure you are ready for any minor injury that may arise. Your Profile Pharmacist is always available to answer any questions or help you select the First Aid Kit that is right for you and your family.

## Food for Thought...

## Sobeys Dietitians Have a World of Healthy Ideas for You

### Fill Up on Water

While being active outside, your body needs more fluids than a non-active person. Water not only provides the energy you need to be active; but it also lubricates body parts, cushion's joints and controls body temperature.

Eliminate your risk of dehydration by replacing the water lost during activity. Rehydrate with plain water for activities lasting less than 1 hour. If you are exercising for longer than 1 hour, fluids with carbohydrates are essential (i.e. sports drinks).

The benefits of drinking water are just as important for children as for adults. Water is always the best choice!



## Body & Mind

*Pure water is the world's first and foremost medicine.*

*~Slovakian Proverb*

Source: [www.quote garden.com/water.html](http://www.quote garden.com/water.html)

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Do you know what each of your Medications are used for?  
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