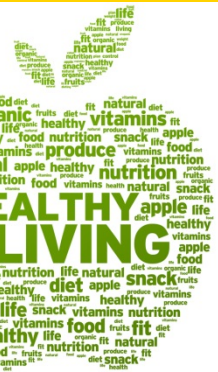


# 8 Summer Steps for Healthy Living



WebMD went to eight health experts in fields such as diet, fitness, stress, vision, and oral health. Here are their top eight tips:

1. **Give your diet a berry boost** (ex. blackberries, blueberries, or strawberries)
2. **Get dirty – and stress less** (ex. gardening)
3. **Floss daily** – reduces oral bacteria which improves overall body health
4. **Go outside to exercise** (ex. hike, swimming, take a nature walk, play games with your children/grandchildren)
5. **Be good to your eyes** - wear protective eyewear
6. **Vacation time** – even adults tend to adopt a “school’s out!” attitude in summer
7. **Alcohol: go lite** - in moderation (defined as 1-2 drinks daily – helps protect against heart disease)
8. **Sleep well** - keep the same bedtime and wake-up schedule



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SOURCES:

[www.webmd.com/women/features/8-summer-steps-for-healthy-living#1](https://www.webmd.com/women/features/8-summer-steps-for-healthy-living#1)

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