The Villagers Daily Sun

LIFESTYLES

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Page D4

Health in the Villages

Beat the heat

By KRYSTI STRICKER

DURING the summer months, it’s paramount to take precautions when participating in any outdoor physical activities. Extreme heat can cause adverse reactions to your health if your body is unable to cool down properly.

Heat exhaustion in the body’s response to an excessive loss of water and salt, usually through excessive sweating, according to the Center for Disease Prevention and Control. Just because it’s hot outside doesn’t mean you have to exclude yourself from your favorite outdoor activities. But, it is important to listen to your body if you are experiencing symptoms of heat exhaustion or even heat stroke. Villagers give their advice on how to stay cool in the grueling summer heat while enjoying your favorite activities.

Golf

John MacPherson, of the Villages of Marley Square, is an avid golfer. He not only plays in the clubs’ leagues but also hosts his own group of friends. MacPherson says to stay cool in the summer heat by wearing lightweight clothing, which is more comfortable in warm weather.

MacPherson says to avoid heat exhaustion and dehydration by drinking plenty of water throughout the day and being aware of the temperature. He also suggests taking breaks during the day to cool off and stay hydrated.

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