

Tips For A Healthy Summer...

With the summer season in full swing, we tend to take a step back from our usual routines.

Summer is a time to enjoy the sun, the warm weather and being outdoors enjoying our favourite activities.

While we all enjoy the summer it's important to keep in mind the impact it may have on our bodies.

Here are some tips on how to keep you healthy this summer...

Stay hydrated:

It's important to stay hydrated during summer, especially if you're spending time outdoors in the heat.

Ensure you drink plenty of fluids.

Stay Cool and Dress Appropriately:

Staying cool and dressing appropriately during summer is essential for maintaining comfort and protecting your health.

Excessive heat can put a strain on your body, leading to dehydration, heat exhaustion, or even heatstroke.

Keep your skin protected:

Too much sun exposure can lead to skin damage, protect yourself when you're spending time outdoors. Wear sunscreen with an SPF of at least 15, and reapply it every two hours.

Wear The Right Footwear:

Holidays often involve a lot of walking, this can be difficult if you normally have a fairly sedentary lifestyle. Make the adjustment easier on your back by getting a pair of comfortable shoes with good arch support for support.

Exercise regularly:

Incorporating some form of physical activity into your day is beneficial. Try walking, cycling or swimming.

keeping your body moving helps maintain muscle tone, flexibility, and overall fitness.

Practice good posture:

Maintaining good posture is crucial, especially when travelling. Sit with your back straight, shoulders relaxed, and avoid slouching or hunching forward.

Enjoy the fruits and vegetables of the season:

Summer is a great time for fresh seasonal produce. Adding fresh fruits and vegetables to your diet helps support your health and boost your immune system. Berries, melon, cucumber, tomatoes and peppers are all at their best during the summer months.

Prioritise Rest and Relaxation:

Taking leisurely walks, reading a book, listening to music or simply sitting in the sun allows time to unwind, reduce stress levels, and restore our energy.

This helps to maintain our well being.





Date For Your Diary...

I will be closed for a week from
Monday 3rd August-Friday 7th August.
To enjoy a family holiday, time to relax and
recharge after a busy few months in the clinic!
I will be back and open as normal from
Monday 18th August.
Please contact The Therapy room for all enquires
01208 76009.

Community News...

FREE SUMMER EVENTS IN PRIORY PARK BODMIN
Completely free family-friendly events running
every Saturday during the school holidays.
From sports to circus skills– there's something for
everyone!
Free parking at all events.
Events will take place in Priory Park, Narisa Lawn,
and Bodmin Skate Park.

FREE Summer Events

Every Saturday during the school
summer holidays

25 th Jul	Sports in the Park	
1 st Aug	Supporting KBSK	
8 th Aug	Wild Wonders	
15 th Aug	Circus Fun	
22 nd Aug	Fusion X Bodmin	
29 th Aug	Movies in the Park	

10 Fun Facts!

- Your left lung is about 10 % smaller than your right lung.
- Human teeth are just as strong as shark teeth.
- Scientists estimate that the nose can recognise a trillion different scents.
- Your body produces enough heat in 30 minutes to boil half a gallon of water.
- Humans share 60% of their DNA with bananas, meaning we have some similar genes that perform basic cellular functions.
- Humans are the only species known to blush.
- Your blood makes up about eight percent of your body weight.
- A pound of muscle burns three times more calories than a pound of fat.
- We breathe approximately 11,000 litres of air every day.
- The surface area of the lungs is roughly the size of a tennis court.

