

# Tips to Beat the Summer Heat

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## Stay Hydrated

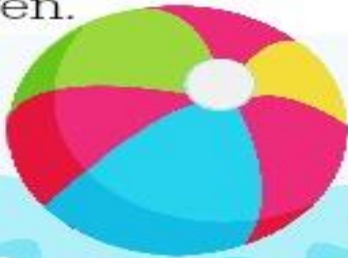
Drink water frequently on hot summer days.



## BE COOL

## Eat Fresh

Try eating cold foods, grilling outdoors & avoid using the oven.



Enjoy a  
Dip in the  
**POOL**

Stay indoors & use a programmable thermostat to help keep you and your home cool.

## Treat Yourself to a Cool Treat

Stock your freezer with Popsicles, ice cream and frozen fruit to enjoy when you are feeling a little too hot.



Baptist General Convention of Virginia  
Health & Wellness Ministry

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