

# Healthy Summer Habits You Can Do All Year Long

Written by AZFoothills.com

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Summertime is a great time to enjoy friends and family, get outside more often, and create healthy habits. Fortunately, being in Arizona means there is good weather most of the year and even though it's hot outside in the summer, there are plenty of healthy opportunities you can do all year long. Here are some of the easiest.

## Get Enough Sunshine

This should be at the top of everyone's healthy habits list. Getting enough sunshine helps improve health in so many ways. It boosts internal levels of vitamin D. It helps balance hormones, and it improves your immune system. Come fall and winter many people spend a lot more time indoors which can also make them more susceptible to illness. No matter what time of year it is, make sure you get outside and get yourself some good old-fashioned sunshine.

## Eat Seasonal Produce

Eating fruits and vegetables is always a good choice. What's even better is eating them when they are in season. There is a reason that [people associate summertime with watermelon](#) and winter with warm root vegetables. Eating seasonal produce ensures that you not only get fresher options but that you get a variety of nutrients when you need them the most. Fruits have antioxidants like vitamin C that nourish your body and improve your immune function. This can help your body detox better and also limits the number of times you get sick. When you eat more seasonal produce even in the fall and winter months, you can help reduce the likelihood of getting ill.

## Go Hiking

Hiking is not only great for your physical health, but it's good for your mental health as well. In summer there are different creatures, beautiful sunsets, and incredible views that you'll find along the trails in Arizona. You may even enjoy seeing the variety of cactus and flowers as well. Some people love the solitude that hiking provides while others appreciate the workout. Hiking is a great exercise, gets you outdoors, and can help you with your health goals all year long. While many people only hike in the summer, there are others who take advantage of the changing scenery come fall, winter, and spring as well.

## Stretch After You Workout

If you're like many people, you may be more likely to go on a morning walk or workout during the summer. It's important to stretch regularly because if you don't, your muscles will tell you. You can easily use a [CBD spray for muscle pain](#) or a pain-relieving muscle cream from the drugstore for the days when your workouts are really intense and leave you sore. However, it's also important to incorporate stretching into your daily routine. Good stretching protects you from injury, elongates your muscles, improves flexibility, and can help you build muscle mass more quickly.

## Drink Copious Amounts of Water

Here in Arizona, it's dry. We live in the desert and that means our bodies are going to release a lot more moisture through sweating. You will do your health a favor, especially in the summer, if you drink enough water. Drinking around half your body weight of ounces in water is the best way to stay hydrated. People who are very active may even need to use hydration drinks to ensure they don't get sick from dehydration.

## Make Time for Friendships

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For some reason, people invite their friends over for BBQs and gatherings more often during the summer. They make a lot of [time for friendships](#). These relationships are critical for your mental and emotional health. It's important to make time for these friends even in your busy months. Meet up for coffee, have a monthly BBQ, or host a game night. Your relationships with friends can help you feel better and cope with the busy schedule you have while managing work, life, and possibly even kids.

## Take Breaks

More people go on summer breaks than at any other time of the year. These breaks are critical. Everyone needs time off of work to unwind and refresh. Take that summertime habit and do it year-round. Take long weekends just to relax, find ways to refresh, and maybe even take a trip somewhere in the off-season within driving distance of Arizona. You could go north to Colorado Springs, East toward Texas & New Mexico, or hop on the 8-west and drive right to San Diego and its surrounding [beach towns](#). You'd be amazed at how frequent breaks can help your mental health in ways that a once-a-year trip cannot.