

Simple Tips to Stay Healthy During Arizona Summers

Written by AZFoothills.com

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If you're lucky enough to live, work, and play in Arizona – then you know the summers can get pretty intense. With average summertime temps ascending to the mid to high 90s, Arizona is the place to be for sun worshippers and outdoor enthusiasts who don't mind the heat. However, for some, the scorching, dry conditions can wreak havoc on body, mind, and mood. With this in mind, we're here to give you some easy, simple tips to help you stay comfy and healthy during Arizona summers.

Love Your Guts

You probably already know this, but health is an inside job. What we put in our bodies makes a big difference in how we look and how we function. When we consider that extreme temperatures have a huge impact on our health, then we've got to be mindful about maintaining internal balance to be at our best. That's why gut health is so crucial. Healthy gut bacteria promote healthy digestion and improve the immune system. A happy gut also makes for a happy, healthy summer. So, do yourself a favor and stock up on [probiotic capsules](#) this summer. This simple tip can do wonders for your health, mood, and energy levels to crush any summertime blues.

Stay Hydrated

We hear this all the time, but we can't emphasize enough the importance of drinking plenty of water – especially during AZ hot, dry summers. Drinking plenty of water is key for hydrating the body, which results in benefits such as [better looking skin](#) and better brain function. If you're working or playing in the heat, the Center for Disease Control (CDC) recommends drinking 1 cup (8 ounces) of water every 15 – 20 minutes. The CDC also recommends staying hydrated throughout the day in order to avoid hazardous health conditions, which could be a real drag on your summertime fun. Also, avoid overconsumption of diuretics such as alcohol and caffeinated drinks. These tend to contribute to dehydration.

Take Advantage of Seasonal Produce

While there is no concrete medical evidence to support the theory, there are impressive reports about the benefits of adopting a [seasonal diet](#). Firstly, eating foods that are in season are typically cheaper. Secondly, eating produce that thrives in Arizona summers such as peaches, grapes, and melons, are phenomenally good for your health and contributes to keeping you hydrated. Lastly, eating produce in season during the hot months is a great way to celebrate the best summer has to offer in Arizona.

Adopt a Selective Schedule

If you love to hike, bike, and exercise in our lovely AZ foothills, then do it before the heat starts to skyrocket. Select early morning or evening hours when the temps are cooler to get your workouts done. We understand that not every schedule allows for this, but exertion in extreme weather conditions isn't the way to stay healthy in Arizona summers.

Get Plenty of Rest

Our bodies and minds can get super taxed when exposed to extreme heat. Therefore, it's crucial to get adequate sleep during the summer. Consider taking a siesta during the peak heat hours during the day. If nothing else, make every effort to get a solid eight hours of slumber in order to stay balanced and refreshed. If you struggle with sleep challenges, try taking time out of your day to meditate. Meditation has a miraculous way of rejuvenating the mind and body, leaving you feeling reenergized and ready to get back to summertime activities.

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Chill Out!

This may seem like a no-brainer tip, but the biggest key to having a happy, safe, and healthy summer in Arizona is to stay cool, even if that means hopping in the car, driving towards the ocean, and finding an Airbnb in [La Jolla](#). If you're working or playing outside, take numerous breaks under shade trees or cool spots outside. Indulge in a dip in a pool, stream, or pond. Stay inside an air-conditioned environment if you start to feel the heat too much. Even if you're unable to duck into a cool or shady area, take advantage of lightweight, sweat-wicking clothing to help you stay cool. You might also try taking a cold shower or applying a cool, moist cloth against your neck to help regulate your body temperature.

We all know staying cool during Arizona summers is often easier said than done. However, we hope these simple tips help you stay healthy and happy this summer and for many summers to come.