



## Vacation and Summertime: Energy Conservation will be the trick to getting everything done in style!

Here are some tips:

- -- Stay out of the sun during the hottest part of the day, and make use of air conditioned areas.
- --Enjoy relaxing vacation spots- Beware of the extreme excitement, (Amusement Parks) do not push yourself during the trip. You will enjoy whatever trip you're on if you take it easy.
- --Take stretch breaks while traveling- Try to avoid driving for more than 2 hours without a break to keep yourself fresh and cramp-free.
- --Rotate drivers- share driving responsibilities so that no one person is worn out from the stress.
- --Consider trips that are less complicated and close by.- shorter trips can be less stress and easier.
- --Air conditioned trips can be better- Museums, movie theaters, galleries, can be easier in the heat.
- --Exercise in the morning or evening- summer isn't an excuse to stop exercising, but try to do it during the comfortable, cooler times of the day
- --Try a scooter at parks- For big trips at outdoor parks, consider using a scooter or transport chair to save energy.
- --Use a backpack or rolling cooler to transport water and snacks
- --Plan day trips and errands for times when you have the most energy- For many people, this is the morning.
- --Consider traffic flow on the road. This can avoid unneeded stress, especially in the big cities.
- --Nap after pool time- After a good swim, spoil yourself with a nap to stay fresh for the rest of the day.
- --Consider making smaller meals\* that are simpler and have less to prepare- no baking/frying prevents extra heat from accumulating in the house
- --Use music to calm and regulate movements when packing or cleaning house.
- --Know your limits, and how to cool down- recognize what you need to do after activity to cool down. Sometimes, a seated rest break is insufficient, and you may need to have a cool drink or lay down in a cool room. It is all about keeping the core cool.