

Healthy habits during summer

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The importance of **healthy habits** in the summer?



Healthy habits that can be followed during summer



Healthy recipe (healthy strawberry ice cream)

The importance of Adopting Healthy Habits in the summer?

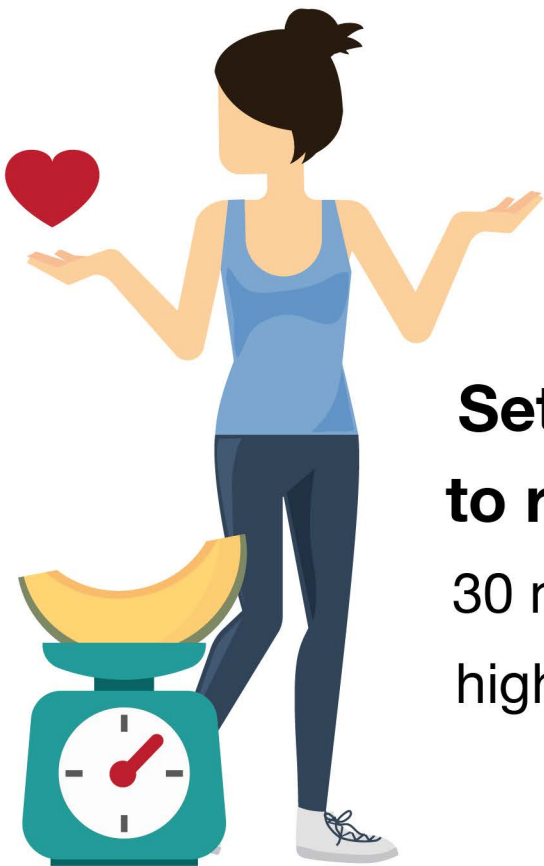
During the summer, temperatures rise, and some people may feel less interested to go outside and practice physical activities and as a result, many people find it more convenient to stay at home, in most cases, in front of screens for long hours, eating unhealthy food.

In fact, summer is one of the seasons during which one can enjoy high activities and visit open beaches and water parks and as an investment in health to acquire vitamin D from sunlight during the day, except for the noon period from 11 am 3 pm, because the sun during this period is actually harmful to the health. You can take the advantage of the summer to build up and strengthen your relationship with your kids and family by engaging yourself with them in various outdoor activities options away from study and work stress.





Some **Healthy Habits** that can be adopted during the summer,,

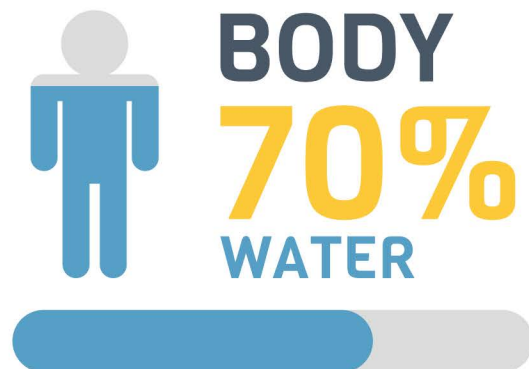
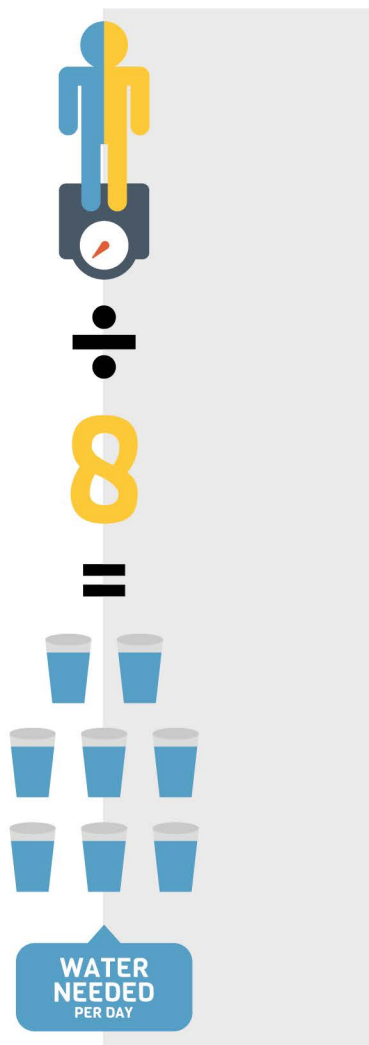


Set an athletic goal you aspire to reach like, exercising for at least 30 minutes every day, or 4-3 hours of high-intensity physical activity during the week.

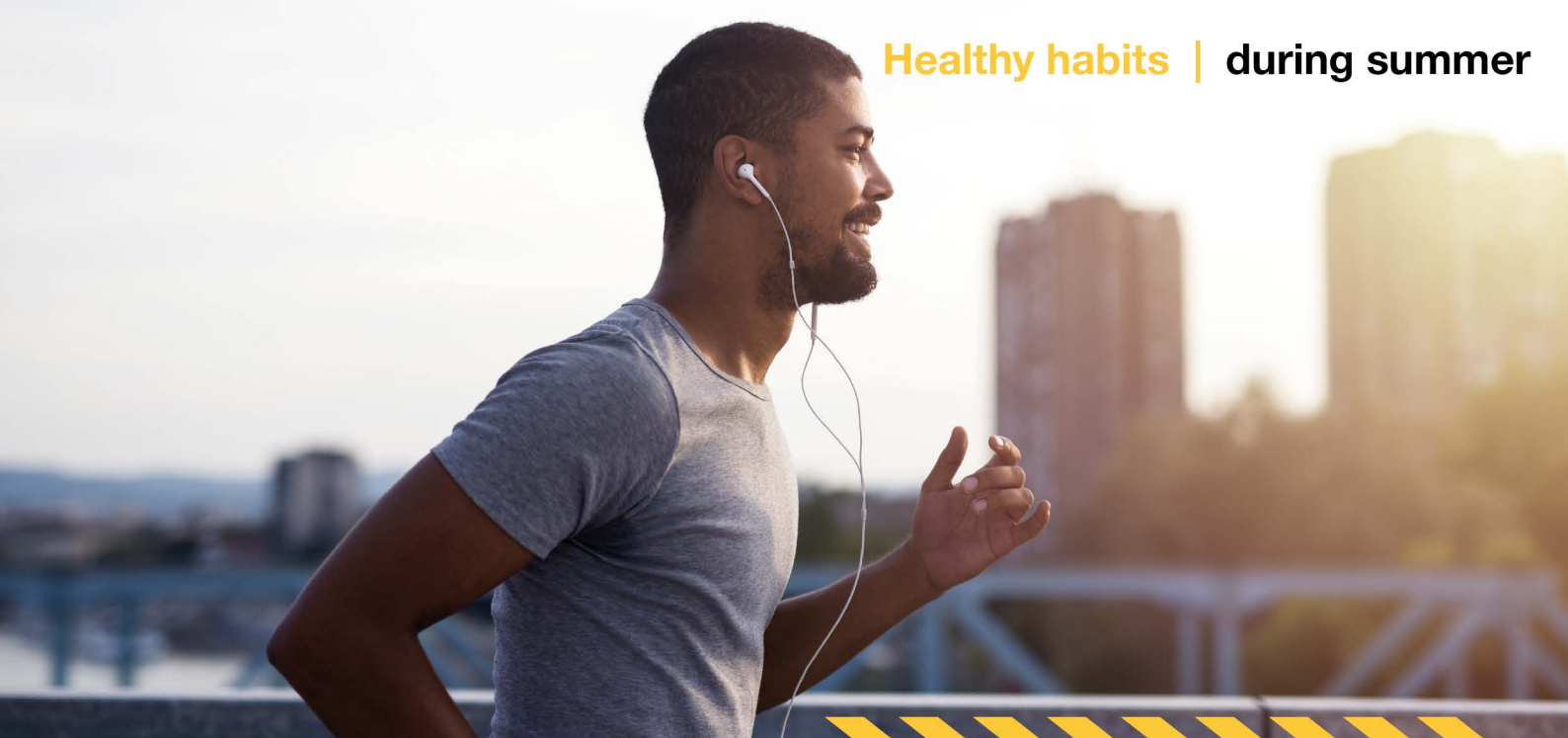
Some
Healthy Habits
 that can be adopted during the
 summer,,



Drink more water, as temperatures rise, the risk of dehydration increases.



You should drink water in sufficient amounts and make sure your kids are drinking sufficient amount of water as well.



Some
Healthy Habits
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the summer,,



Sun protection

- **Protect your skin from the sun by using sunscreens which are suitable for your skin type and cover the head and eyes from sun rays and make sure to cover the head and eyes of your children too. Sunblock can be used for them after the age of 6 months.**

Some

Healthy Habits

that can be adopted during the summer,,



**Eat
vegetables
and fruits
rich in
water,**

such as cucumbers,
green leaves,
pineapple and
watermelon ... Ready
home juices can be
prepared using fresh
fruits.



Some Healthy Habits

that can be adopted during the summer,,



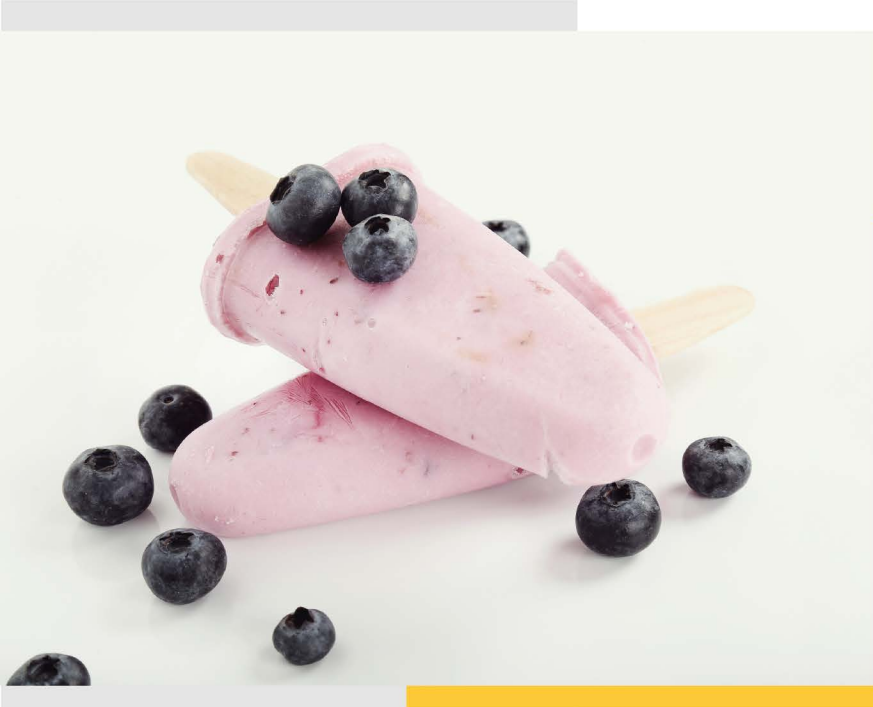
- **Limit the time you use screens. Studies have shown that sitting for long periods or with very low activity increases the risk of heart disease.**



Prepare healthy meals with your kids and educate them on the importance of consuming **5 portions of fruits and vegetables every day.**

Healthy Recipe

(healthy strawberry ice cream)



Ingredients:

- * 1 cup of frozen strawberries and berries can be added.
- * ½ cup of fresh low-fat milk.
- * 2 small spoons of honey or stevia.

Method:

- Mix all ingredients with an electric cup mixer.
- Spread the mixture in ice cream molds and put in freezer for at least 4 hours.
- Enjoy your fresh, healthy ice cream.

Note: Seeking for a health advice, but it is very personal? Request your confidential health advice today from the link below: <https://forms.gle/AQE48V5yMRZHVJDg6>



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