

SUMMER TIPS TO BEAT THE HEAT



If you can, avoid being in the sun during the hottest part of the day, usually between 2-4:30 p.m. Phil Hardberger Park is open until sunset, so make use of the longer days and come check out the park in the evening.

HYDRATE Bring water and drink plenty of it. There are no water fountains on the trails, so make sure you have some for you, and your pup's if you have some. It's hot for them too!



Don't like water? Try infusion waters by adding lemons, mint, or cucumbers to your drink — and pack plenty of water-filled fruits to snack on.

SEEK OUT SHADE There are many shaded spots in Phil Hardberger Park to stop and cool down. Take advantage of shade as often as you can.



SUNBLOCK Wear sunscreen. Nothing is worse than being hot AND sun-burnt.



BRING A FAN There are many battery operated personal fans out there. But don't forget about simple, easy to carry paper fans. You won't need to remember to charge it to get cool.



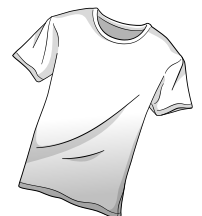
SPRITZ Keep a water spray bottle handy and spritz your skin; evaporation cools the body. Add a few drops of peppermint oil to the water to increase the cooling sensation. They even make cooling towels now that you can wear around your neck to stay cool.



EAT Take water-filled fruits to snack on. They will help keep you cool and hydrated, and fend off hunger. Grapes, oranges, melons, and cucumber are easy-to-transport options.



COVER UP Wear light colored, loose fitting clothes. They will keep you cool. Wear sunglasses to protect your eyes. And wear a hat.



OPEN SUNRISE TO SUNSET

PHP WEST: 8400 NW MILITARY HWY ~~~~ PHP EAST: 13203 BLANCO RD.

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