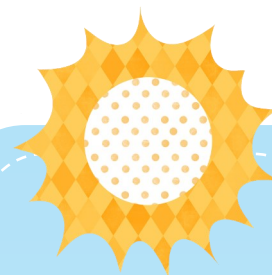




# Midland College Fitness Center

July 2017 –Summer Edition –  
Newsletter



**Stay cool,  
comfortable  
and safe**

## Quick tips to help avoid heat-related illness

Even if you enjoy summer, sweltering days can be too hot to handle. And it can go beyond unfordable—the heat can sometimes be dangerous.

1. **Chill indoors:** As much as possible, stay where it's air-conditioned. No air-conditioning at home? Spend time in a cool public place, such as a library or mall.
2. **Drink up!** - regularly reach for water or other nonalcoholic, low-sugar liquids—before you're thirsty. If you're working outdoors, drink two to four cups of water per hour.
3. **Be an early bird or night owl:** The sun is strongest in the middle of the day. To avoid midday heat, try to schedule outdoor activities in the morning or early evening. For example, plan to walk the dog to start the day or to do a little gardening after dinner.
4. **Shield your skin:** Apply sunscreen about 30 minutes before heading outside. Seek the shade whenever you can— and cover your head and neck with a wide-brimmed hat.
5. **Dress for comfort:** Heavy, dark clothing can trap the heat. So go light— in both weight and color. Choose loose-fitting items that allow air to circulate and cool you.
6. **Check on at-risk adults:** Some people are more prone to heat-related illness than others. That includes people 65 and older and those with a chronic medical condition.
7. **Look after little one:** babies and young children can easily get overheated. Keep them hydrated and out of the sun. On the playing field, encourage young athletes to take breaks and drink fluids.
8. **Keep the oven off:** Turning on the stove or oven will raise the temperature indoors. Instead of cooking a hot meal, make a cold sandwich, or toss together a cool and tasty salad using water-rich foods.
9. **No parking for kids or pets:** Never leave a child or pet in a parked car, even with the windows open. Vehicles can get dangerously hot inside. It can happen quickly and be deadly.

**Here's one fun way to get fit ...** You're moving to music — and getting lost in the beat. You're not counting minutes on a treadmill or reps on a weight machine. You're having chase-away-your-cares fun.

**Dancing might not seem like exercise.** But that's the beauty of it. Since it's so enjoyable — and energizing — you're likely to stick with it. And from tap to tango, it's a great full-body workout. In the moment, dancing can trigger the release of feel-good brain chemicals. It can be a true "happy dance" — brightening your mood and easing stress.

**Cue the music — and feel great!**

**Fitness Center  
Hours:**

**Summer  
Hours**

**5:30am-6:30 pm  
Mon-Thur.**

**Closed- Friday**

**Fitness Center Contact  
Info: Front Counter  
Phone: 685-6897**

