

July

Dr. Justin's Monthly Newsletter July Edition: **Healthy Summer Habits - Staying Active and Hydrated in the Heat**

Dear Friends,

As summer reaches its peak in July, it becomes more important than ever to take proactive steps to protect your health and well-being. This month, at Dr. Justin's, we focus on **"Healthy Summer Habits: Staying Active and Hydrated in the Heat"** - a timely reminder to listen to our bodies and adapt our routines to the season.

Why Summer Wellness Matters

The soaring temperatures and increased exposure to the sun can lead to fatigue, dehydration, and other heat-related illnesses. At the same time, summer offers a wonderful opportunity to embrace outdoor activities, seasonal fruits, and mindful relaxation. With a few conscious adjustments, we can make summer a season of vitality and rejuvenation.

This Month's Health Initiatives

Hydration Awareness Campaign

We are launching a campaign to educate and encourage optimal hydration. Visit our clinic or social media platforms for tips on recognizing dehydration and the best fluids to keep you energized.

Outdoor Fitness & Wellness Sessions

Join our guided outdoor yoga and light exercise sessions tailored to beat the heat while staying active. These will be scheduled during early mornings and evenings when the temperature is cooler.

Summer Diet & Nutrition Consultations

Our dietitians are available for consultations on seasonal nutrition helping you craft a diet rich in water-dense fruits, vegetables, and cooling herbs.

Sun Safety Tips and Skin Health Clinics

Protecting your skin is vital in summer. Our dermatology team will offer consultations and advice on choosing the right sunscreen, managing sun exposure, and spotting warning signs of heat-related skin issues.

Tips for Staying Healthy This Summer

- **Drink Plenty of Water:** Aim for 8 - 10 glasses a day, more if you're physically active.
- **Wear Light Clothing:** Choose breathable fabrics like cotton to stay cool and comfortable.
- **Stay Indoors During Peak Heat:** Avoid outdoor activities between 11 AM and 4 PM.
- **Eat Seasonal Foods:** Cucumber, watermelon, mint, curd, and coconut water are excellent summer choices.
- **Don't Skip Sleep:** Heat can affect sleep quality - maintain a regular bedtime and cool sleep environment.

Looking Ahead

In August, we turn our focus to **"Women's Health Month: Empowering Wellness Through Every Stage of Life."** Look forward to informative sessions, check-ups, and empowerment workshops tailored to women's health.

A Summer Message of Care

Whether you're at home, traveling, or just relaxing, we encourage you to put your well-being first. Small steps this summer can lead to lasting health benefits. Let's stay mindful, hydrated, and joyful together.

Warm regards,

Dr. J. Jone Asir Joy Justin

Founder

Dr. Justin's

"Your comfort is our priority"

Let's stay connected! Follow us on social media or visit our website for updates, health tips, and opportunities to participate in our programs.