

Stay active, but be safe



Summer is a great time to get active and enjoy the nice weather outdoors. In deciding which activities are appropriate, seniors should consider their personal comfort level, as well as their medical history (including any risk factors).

Outdoor activities

Fresh air and outdoor exercise are among the greatest benefits of the summer sun. Exercise is important year-round, and up to 30 minutes a day of regular exercise can help seniors strengthen their core and reduce the risk of falls or injury.

Aqua aerobics is a fantastic form of exercise for seniors. As well as being cool in the pool, the resistance from the water strengthens muscles and is also low impact, making it especially helpful to those with painful joints or osteoporosis. There is currently no evidence that COVID-19 spreads through water.

Our animal friends are in peak migration, as it is nesting season for hundreds of different species. Birdwatching is a great activity to decompress while practicing social distancing. There are many websites with information and the [Cornell Lab of Ornithology](#) even offers a multitude of live bird cams for a virtual window into the natural world of birds.

Strolls in local parks, gardening, picnics, and nature photography all are great options for safe summer activities.

Watch out for ticks

Notably, with the increased time spent outdoors during summer, it is also important to stay on guard for ticks. Most tick bites do not end up being serious, but it is a good idea to be aware of them.

- Ticks are especially fond of wooded areas and tall grass, but can also be found on plants, grasses, trees, and shrubs in your yard.
- After partaking in any outdoor activities, it is always good to do a tick check and examine your clothing, body, and hair.
- Wearing insect repellent containing DEET and covering your arms and legs is another way to stay safe from tick bites.
- Signs of a tick bite include a red spot or rash on the skin resembling a bullseye.

Enjoy summer - whether it's big vacations or enjoying simple pleasures - while keeping yourself and your community safe.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com