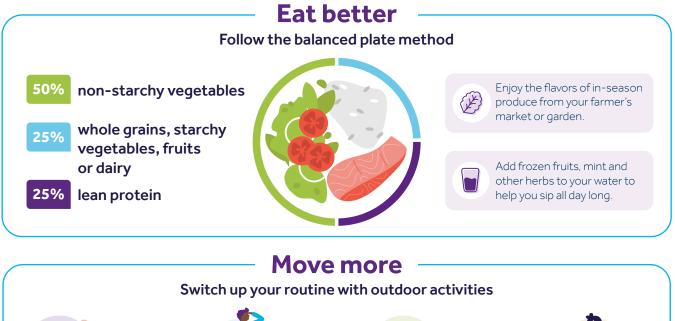


Meet your summer solutions

Resolutions aren't just for the new year. Summer is the perfect time to take another step in the right direction with your health.





If you feel dizzy, nauseous or tired outdoors, assess if you need **water, food or rest** Throw out any perishable foods that have been left out for **more than two hours**

Apply a shot-glass size amount to face and body **15-30 minutes**

before you head out