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HEALTH BYTES

Have a healthy holiday

Summer holidays are a time sunshine, family, friends and *shisa nyama*. To enjoy the season, take care of your health and make smart choices.

Be sun smart

The sun can be dangerous. Strong rays can burn your skin and eyes, and very hot weather can cause heat stroke.

- Use sunscreen with at least SPF30 and put it on again every two hours.
- Play or exercise outside in the morning or late afternoon, not midday.
- Wear a hat, sunglasses and light clothing to protect your skin.

Tip: Sunglasses with "UV400" protection are best.

Drink enough water

Hot weather and sweating make your body lose water quickly.

- Drink 1.5 to two litres of water every day, more if you are active.
- Carry cold water in a flask or bottle.
- Freeze water overnight for cool drinks throughout the day.
- Add lemon, cucumber, mint or fruit to make water taste nice.

Put safety first

South Africans love walking, hiking and playing outside. Stay safe while having fun.

- Choose safe routes and go with friends or family.
- Tell someone where you are going.
- Make sure your phone is charged and you have enough airtime or data.
- Carry a small first-aid kit.

Party wisely

Festive food and drinks are part of the season, but balance is important.

- Eat colourful vegetables like salad, mielies and butternut.
- Choose lean meat like chicken or ostrich.
- Limit fatty foods, creamy dishes and heavy puddings.
- If you drink alcohol, alternate with soft drinks or try zero-alcohol options.

Keep your cool

Family gatherings can sometimes feel stressful.

- Focus on enjoying time together, not on making everything perfect.
- Ask guests to bring food for a braai or meal.
- Take a short break if emotions run high.
- Say no to invitations if you feel tired.
- Make time for yourself with tea, quiet rest, or your favourite show.

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Be money smart

Festive spending can be a problem. Plan ahead.

- Decide on a budget and stick to it.
- Share costs for gifts and meals.
- Save money by making memories with picnics or home movie nights instead of buying expensive presents.

Keep the good habits

Healthy choices should continue after the holidays. If you keep up these habits, you will feel strong and happy in the new year.

Source: Heart and Stroke Foundation

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