

## Kickoff to a Healthy Summer: Tips from New West Physicians

As summer kicks off and Coloradans head to parks, games and vacations, New West Physicians is reminding people in metro Denver to keep these tips in mind:

- **Begin building an active lifestyle** during this time of increased daylight and favorable weather. Low- to moderate-intensity exercise will help you stay fit and healthy, and 20 to 30 minutes at least three days a week will help build good cardiovascular fitness. Remember to speak with your doctor about the fitness plan that's right for you.
- **Follow the 30/30 Lightning Safety Rule.** The National Oceanic and Atmospheric Association suggests seeking shelter when thunder is heard 30 seconds or less after the flash of lightning and remaining sheltered for at least 30 minutes after the last roll of thunder.
- **When exploring altitudes above 7,000 feet,** drink extra fluids, avoid alcohol and remember you may tire more easily. Descend if headaches, nausea, dizziness and other symptoms don't ease. Colorado is the highest-altitude state in the union, so remind guests to stay hydrated and take it easy for the first few days.
- **Wear helmets, pads and reflectors** when biking, rollerblading or skateboarding to reduce the risk of injuries and increase visibility. Gearing up isn't just for kids – adults also need the proper equipment!
- **Protect yourself and family members from West Nile Virus** by wearing pants, long-sleeved shirts and insect repellent containing DEET, Picaridin or oil of lemon eucalyptus. Be sure to follow product label instructions. Mosquitoes are most active from dusk to dawn, so be extra careful in the evening and early morning.
- **Wear hats, sunglasses and SPF 15 or higher sunscreen to protect yourself** from sunburn and harmful ultraviolet rays, including on cloudy days. Ultraviolet rays increase the risk of skin cancer – even if no sunburn occurs. Avoid exposure from 10 a.m. to 4 p.m., when the sun is strongest, and wear pants and long sleeves to combat sunburn.
- **Pack your medications** when you travel.

Tips courtesy of New West Physicians.

### About New West Physicians

New West Physicians is a primary care group practice and medical management company, consisting of 46 physicians and six mid-level practitioners at 15 office locations, serving 200,000 patients in the Denver metro area. Within this group of professionals, 30 are in Family Practice, and 16 practice Internal Medicine. For additional information and office locations, please visit [www.nwphysicians.com](http://www.nwphysicians.com).