

# ***IT'S HOT OUTSIDE!***

## ***STAY COOL AND EASE BACK PAIN***

### ***IN A SWIMMING POOL!***

When we are in the water gravity does not weigh us down.

We are able to move more freely and for those of you who are pregnant, the lack of gravitational pull can mean an escape from baby weight and some relief from back pain.

If you do not have a swimming pool at your home or apartment complex there are options.

Local high schools and colleges have public swim times for very minimal fees. Give them a call for more information.

**Also remember to drink plenty of water during the hot weather-whether you're pregnant or not.**

## **Quick Tips for Heat Relief**

- **Keep curtains & blinds drawn during the day**
  - **Open windows at night to let in cool air**
- **If you don't have air-conditioning at home, try going to a movie or to the mall for some relief**
  - **Drink plenty of water!**
  - **Dress in loose, lightweight clothing**
- **Avoid heavy meals, caffeine, and alcohol-these all can make you feel hotter**
- **Check in on any elderly people you know-as they are more vulnerable to hot conditions**
- **Also, don't forget your pets! Be sure they have plenty of fresh water and, if you cannot bring them in the house, be sure they have shaded areas to be in**