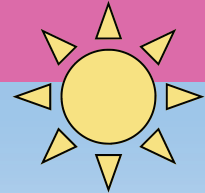


Mission In Motion

Health & Wellness Weekly Bulletin
August 2012—Preventive Health



August 1, 2012 : Week 1

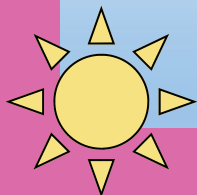
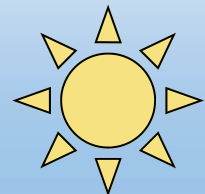


Have fun in the sun!

Don't fall victim to summer heat. Take the following precautions to reduce your risk of heat-related injuries:

- Drink plenty of water or other non-alcoholic beverages.
- Wear lightweight, loose-fitting clothing that is light in color.
- Reduce strenuous activities or do them during the cooler parts of the day.

Source: Centers for Disease Control



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