

BREAKROOM BUZZ

July 2026

Summer Wellness

July is usually the hottest month of the year. Longer days and warmer weather create more opportunities for outdoor activities, family gatherings, and vacations, but they also pose unique health and safety concerns. Taking these basic precautions helps maintain health and safety throughout the summer:

- **Stay hydrated:** The [Mayo Clinic](#) recommends about 15.5 cups of fluids daily for men and 11.5 cups for women. Increase water intake when spending time outdoors or exercising in the heat.
- **Protect your skin:** Wear sunscreen, sunglasses, and light-colored, lightweight clothing to help protect against sunburn and heat-related illnesses.
- **Stay active:** Walking, biking, swimming, and other outdoor activities support physical and mental health. Try to exercise during the cooler morning or evening hours.
- **Eat seasonal fruits and vegetables:** Watermelon, berries, tomatoes, and corn are nutritious options that also help with hydration on hot summer days.

Reference: [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256)



Stay Hydrated

Tips for meeting your recommended daily fluid intake include:

- **Add one glass of a beverage per week:** Adding just one glass of water or an unsweetened beverage to your daily routine can help your body gradually adjust to increased fluid intake. As the weeks progress, add another glass.
- **Schedule 'nudges' throughout the day:** Write specific times in your planner to hydrate or set your phone to send hourly alerts. Both are effective ways to remind yourself.
- **Set a hydration goal:** Making lifestyle changes can be hard. However, setting specific, measurable, realistic, and attainable goals can help.
- **Flavor your water:** Herbs, fruit, and some vegetables can add color and flavor to your water. Low-calorie sweetener packets, such as Crystal Light®, can be helpful but should be used in moderation.
- **Ditch the colorful water bottles:** Colorful water bottles may encourage some, but for others, they can reduce water consumption because they lack transparency. A clear, reusable bottle can prompt you to drink more.
- **Hydrate with fruits and vegetables:** Water isn't the only way to stay hydrated. Some of the most water-rich foods include cantaloupe, watermelon, berries, spinach, cucumbers, zucchini, peppers, celery, and broccoli.

BANANA BERRY SOFT SERVE



Ingredients:

- 1 medium banana, sliced and frozen
- 3 strawberries, stems and leaves removed, then washed, sliced, and frozen
- 1/8 cup milk, optional (see instructions and notes)

Directions:

1. Wash hands with soap and water.
2. Add banana and strawberries to a food processor or a powerful blender. Pulse for about 1-2 minutes, or until the mixture is smooth and creamy.
3. If needed, add up to 1/8 cup of milk to achieve the desired texture.
4. Freeze for 1 hour for a thicker consistency or eat immediately for a soft-serve consistency. Makes 2 servings.

Nutrition information per serving: 70 calories; 0 g total fat; 2 g dietary fiber; 1 g protein; 10 mg sodium; 16 g carbohydrates.

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