

MONTHLY Matters

AUGUST 2026



Healthy SUMMER PLAYBOOK

PLAY # 1: HYDRATE LIKE A PRO



Hydration is your foundation for energy, focus, and overall wellness. Warmer temperatures increase fluid loss through sweat, making it essential to stay ahead of dehydration.

- Drink water consistently throughout the day, not just when you feel thirsty
- Add hydrating foods like watermelon, cucumbers, and orange to your meals
- Limit sugary drinks and alcohol
- Keep a reusable water bottle nearby and set reminders to sip regularly
- Check urine color – pale yellow usually indicates proper hydration

Bonus Tip: For active or especially hot days, consider electrolyte-rich drinks or snacks to replace minerals lost through sweat.

PLAY # 2: LOAD UP ON SEASONAL FUEL



Summer produce delivers hydration, vitamins, and fresh flavor. Eating in season supports both your health and local farmers.

Top Summer Picks:

- **Fruits:** Watermelon, berries, peaches, nectarines, cherries, mangoes
- **Vegetables:** Tomatoes, zucchini, cucumbers, bell peppers, corn, green beans

These foods are naturally hydrating, full of vitamins, minerals, and fiber, and perfect for warm-weather meals.

PLAY # 3: BUILD BALANCED SUMMER PLATES



Keep meals simple, fresh, and energizing with these go-to guidelines:

- Fill half your plate with fruits and vegetables
- Choose lean proteins like fish, chicken, beans, or tofu
- Include whole grains like quinoa, brown rice, or whole-wheat pasta
- Limit processed foods and added sugars
- Prepare simple, light meals that are easy to digest in the heat

PLAY # 4: HAVE EASY HEALTHY OPTIONS READY



Quick, refreshing ideas for busy summer days

- Fruit & yogurt parfait with berries and granola
- Grilled veggie salad with zucchini, peppers, and corn
- Hydrating smoothie with watermelon, cucumber, and mint
- Chilled grain bowl with quinoa, chickpeas, and fresh vegetables

PLAY # 5: STAY ON TRACK WITH SMART HABITS



- Eat smaller, more frequent meals to avoid feeling sluggish
- Choose snacks that hydrate and nourish such as fresh fruit, veggie sticks, or yogurt
- Practice mindful eating – slow down and enjoy seasonal flavors
- Pair healthy eating with regular movement, outdoor activity, and proper sun protection

STAYING HYDRATED AND EATING FRESH, SEASONAL FOODS CAN HELP YOU FEEL ENERGIZED, MAINTAIN FOCUS, AND ENJOY A HEALTHY SUMMER.



Sources:

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