

Cool Summer Fun

Tips On Staying Cool in Hot Weather

(NAPSA)—When cool temperatures are scarce, beating the heat can still be a breeze if you follow these suggestions from the experts:

- Plan your strenuous activity for early morning or in the evening when the temperature goes down.

- Plan an indoor activity. Air conditioned movie theaters, libraries and museums offer relief from the heat.

- Eat more frequently, but be sure your meals are well-balanced and light.

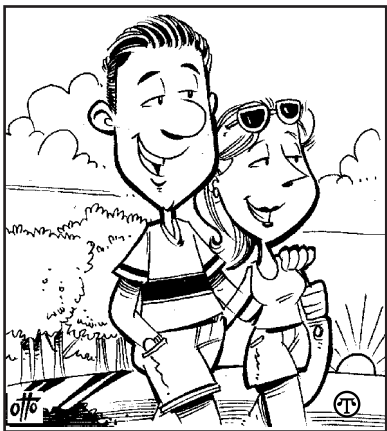
- Take frequent breaks when working outside.

- When you go out, wear sun block, hats and light, loose-fitting clothes.

- Stay hydrated and drink plenty of water.

- If hosting a backyard barbecue offer low alcohol alternatives to quench adult thirsts in the hot summer sun.

Seagram's Coolers are low in alcohol and a light, fruity alternative to beer and wine. Two of the newest tropical flavors—Orange Pineapple Bahama Mama and Raspberry Daiquiri—will make a splash among your friends. The coolers are offered in a variety of



If you're out walking on a hot day, choose a route that includes shade and avoids direct sun and blacktop.

delicious blends to tantalize taste buds and add a taste of the tropics to summertime activities.

- Cook outside. Backyard barbecues and potluck parties are a good chance to get out of the kitchen.

Finally, remember that a hammock under a tree not only offers shade but also a breeze, even on the warmest days.

To find out about all of Seagram's Coolers refreshing flavors, go to www.seagramscoolers.com.