

## Healthy Summer Survival Guide

(NAPSA)—The warmer months mean social gatherings, travel and an active outdoor lifestyle. Ensure that you take the appropriate steps to stay safe and healthy this summer so you can have fun with confidence.

1. Get outside and rejuvenate your mind and body, but ensure that you give your skin a bit of TLC. Ultraviolet rays can harm your skin even when it's cold or cloudy, so take the necessary precautions to protect your skin. Choose a sunscreen with a sun protection factor (SPF) rating of at least 15 and apply 20 to 30 minutes before going outside.

2. Exercise, also known as Mother Nature's antidepressant, can have a direct effect on your overall mood and self-confidence. Physical activity is also at the cornerstone of healthy aging, according to the experts at the National Institute on Aging. Move vigorously: Jog, swim, dance or garden at least 20 minutes a day, at least five days a week. Just remember to stretch your muscles first.

Joining a gym can not only be a great way to get fit, it can be a good place to find new friends. Studies show socialization is vital, especially as you grow older. The National Institute on Aging adds that engaging in social and productive activities you enjoy, such as taking an art class or volunteering in the community or with your place of worship, may help maintain your well-being. Studies have also found that people involved in hobbies and other social and leisure pursuits may be less likely to develop some health problems, including dementia. They might even live longer.

3. If you drink alcohol, do so in moderation—especially on hot days. According to the National



**Proper planning can help you live life to the fullest.**

Institutes of Health, people over 65 should have no more than seven drinks a week and no more than three drinks on any one day. While there are ingredients in red wine that may be good for your health, you can get many of the same benefits from a glass of grape juice.

4. If you are a denture wearer, the idea of dentures dislodging during dinner with friends or a meeting with colleagues can be mortifying. A recent study by Wakefield Research for Fixodent revealed that 72 percent of respondents avoid some type of food because of their dentures. In fact, more than 57 percent of all respondents have ordered "denture safe" food when dining out with company. If your dentures don't fit well, you should seek the care of a prosthodontist. Additionally, to help with oral hygiene and avoid potentially embarrassing slips, you should consider using a denture adhesive. Fixodent® is one such adhesive that helps seal out food particles and kills odor-causing bacteria for a clean mouth and fresh breath. With Fixodent, you can eat, drink, laugh, and go about your day knowing that your dentures will not only stay in place but give you full-mouth protection.

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