

Essentials

to beat the heat

With temperatures peaking into the triple digits, it's imperative to stay "cool" while participating in outdoor activities in order to beat the summer heat wave.

Medical ID Marketplace (www.hopepaige.com): God forbid there is an emergency while you are at the beach/pool or working outdoors. What if you do not have your ID on hand and you faint because of dehydration? Medical ID Marketplace creates stylish and trendy medical ID bracelets that blend in with everyday pieces, yet stand out to first responders in case of an emergency. With hundreds of styles to choose from, each accessory comes with a complimentary engraving which can detail emergency contact information, pre-existing health conditions, etc.



USANA Nutrimeal (www.usana.com): Too hot to stomach heavy foods and not a big fan of fruits and veggies? Try the USANA Nutrimeal, a refreshing meal-replacement shake that comes in a variety of flavors such as chocolate, vanilla and gluten-free options. With 4 grams of fiber, 15 grams of protein and a low-glycemic index, the Nutrimeal offers sustained energy without adding the pounds and the body bloat.



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