



5 **WAYS**
TO GET
THE MOST
OUT OF
SUMMER



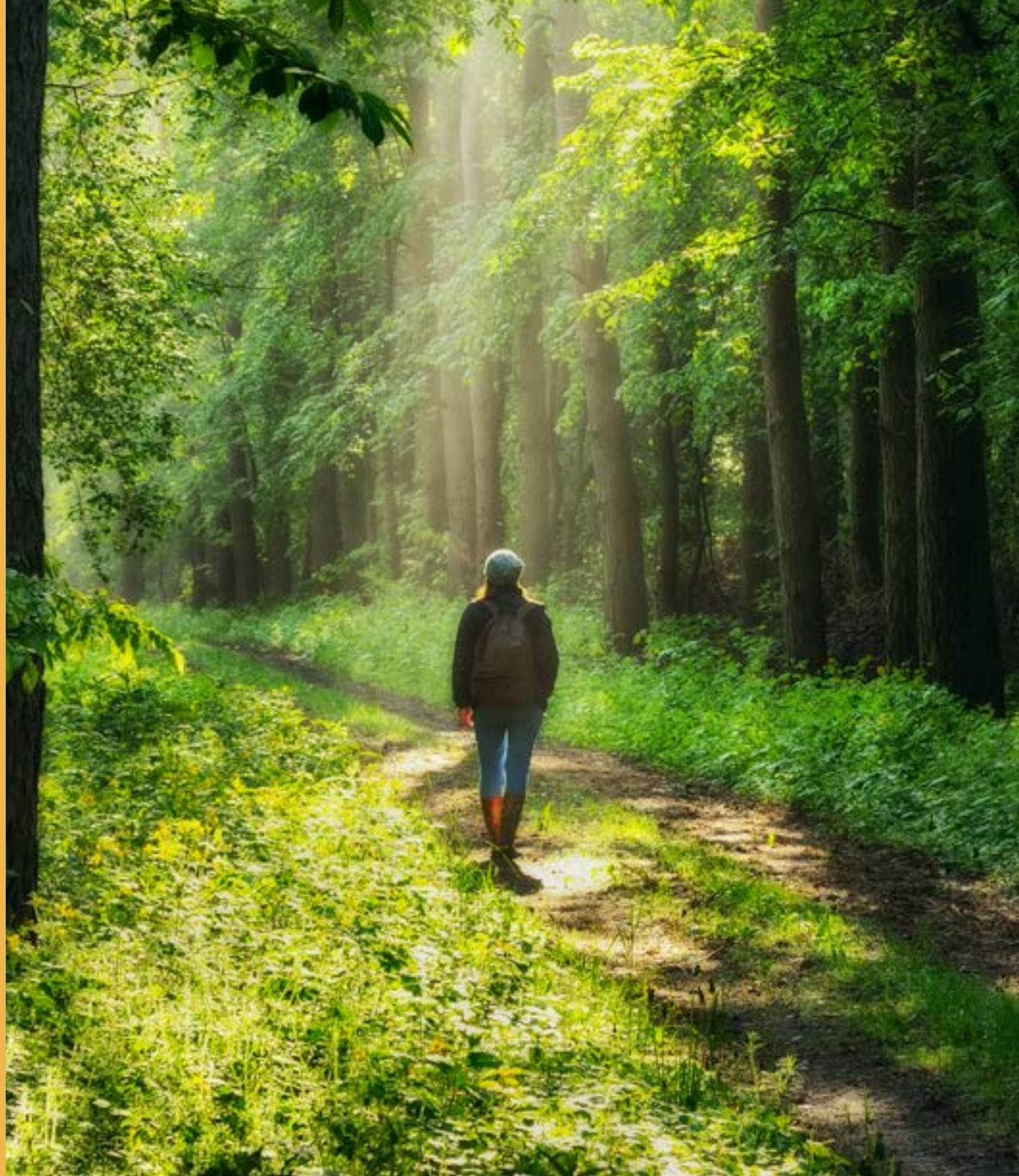
SUMMER IS HERE!

If you're living with PNH, you can make the most of your summer while still managing your health. In fact, outdoor summer fun may actually be good for you! Studies have shown that sunshine is related to improvements in mood, and exercise can have a positive impact on your health.



Take a hike!

Walking is one of the easiest ways to get your body moving and soak up the summer sunshine. Just slip on a pair of comfortable shoes, and hit the pavement. You can take a walk virtually anywhere. Stroll through your neighborhood or nearby park. Or explore nature trails in your area.





Be a hometown tourist

Enjoy a staycation! Check local listings for outdoor concerts, festivals, farmer's markets and other activities. Your hometown adventure could include a visit to a museum, a dip in the local pool or beach, or dinner at a new or favorite restaurant.





Stretch yourself

Yoga is a great exercise for mind and body. It can be even more stimulating in the fresh air and sunshine. If you're experienced with yoga, simply take your mat outdoors or look for an outdoor class. If you're new to yoga, look for beginner's classes, but check with your doctor before starting.





Look up!

Bird watching is an engaging activity that requires no special training or equipment, other than a pair of binoculars. Borrow a bird-watching book from the library to help you identify birds native to your area. If you want to join other birdwatchers, check online to find groups and events in your hometown.





Nurture and grow

Tend to or start a garden. Gardening can be fun and relaxing. Plant a beautiful array of flowers or a tasty selection of summer veggies. Incorporate homegrown vegetables into fresh and delicious summer meals. If you don't have a lot of space, try a small herb garden you can put on the window sill.



Have a safe summer

Be prepared

Make sure you have a fun and safe summer by taking a few simple precautions.



Talk to your doctor.

Consult with your doctor before starting a new exercise program and if you need to limit certain activities.



Pace yourself.

Fatigue is a common symptom of PNH, so be mindful of your energy level and don't overdo it.



Stay hydrated.

Drink plenty of water, but avoid sugary sodas or caffeinated drinks.



Stay cool.

Don't let yourself get overheated. Stay in the shade and go to an air-conditioned place if need be.



Wear sunscreen.

Use SPF 15 or higher to protect against harmful UV rays.

For more tips on living with PNH,