

# Mac's Monthly Advice!

Summer's almost here so how about a few tips on ways to make summertime Mac-tastic!

## Don't forget the sunscreen!

The summer sun in Florida is very harmful consider wearing a daily moisturizer with SPF 15 or more to protect your skin every day from the damaging effects of the sun, and men don't forget your ears. Your skin will thank you and you will look younger too! Apply a higher SPF sunscreen on days when you are going to have longer exposure.

## Make sure to stay hydrated!

If you're going out for a walk or a run, make sure you drink plenty of good ol' H2O! If you're bringing your four legged friend with you, don't forget we'll be thirsty too!

## Make sure your shades offer UV protection!

Even cheap sunglasses can come with UV protection. Look for the little sticker so you know you're good to go!

## Don't leave your kids in the car!

Whether they have two legs or four legs, summertime heat can reach over 140 degrees in a matter of minutes and can put your children in perilous danger if you leave them unattended in a vehicle!

## Set it & forget it!

Consider installing a programmable thermostat that will adjust to your schedule and will keep the house cooler when you are there and run less when you are not. It will save on the utility bill and on the A/C unit as well.



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