

Beat the Heat

Block the sun: Closing curtains and blinds can reduce the amount of heat that passes into your home by as much as 45%.

Makeshift Air Conditioner: If it's hot but not humid, place a shallow bowl of ice in front of a fan and enjoy the breeze. As the ice melts, then evaporates, it will cool you off.

Let your Computer Take a Nap: Set it into low-power "sleep" mode if you are away from it for more than 10 minutes and it will give off less heat. Shut the machine down completely when you are finished for the day.

Stay Hydrated: Avoid beverages that contain alcohol, caffeine, or lots of sugar. Drink water or try hydrating foods such as smoothies, fruits, and vegetables.

Eat Light: Salads are easier to digest. Go for fruits and vegetables, which are watery and help keep you hydrated (and cooler)

Shutdown the Oven: Opt for cold foods or using a grill instead of using the oven or microwave.

<http://www.realsimple.com/work-life/23-ways-to-beat-heat/think-cool>



**“Don’t worry about burning the calories
— that’s already been done!”**