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### How healthy are you this summer?



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Summer in UAE means fun and frolic but we sometimes forget to take care of ourselves. The intense summer heat not only affects our body but our skin too. Staying hydrated is very crucial during summer as it ensures that our body keeps functioning well, so drinking plenty of water is the best way to stay hydrated. It is important for us to eat regularly because our body requires the nutrients to fight the heat. So the best thing to do is to follow a light diet. Light exercises or walking can also help us to stay fit during the hot summers.



**Ayesha Amit Singh**  
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Swimming is a perfect way to cool off. I and my friends have taken up dancing as fun and to keep our body in motion. Our school holds inter-houses chess competitions during summer to enhance our thinking, coordination and focus fitness. Staying hydrated is also very important as we know our bodies lose a lot of water through perspiration. Water intake, eating fruits that have high water content like watermelons, oranges, grapes, and smoothies can keep us healthy and fit. Summer is not complete without a scoop of organic ice cream.



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