



Wellness Summer Newsletter July 2025

Welcome to this months Wellness Newsletter.
As the days get warmer, it's the perfect time to indulge in some
summer wellness knowledge.



Americans spend 97% of their lives indoors and their physical and mental health are suffering.

The overwhelming majority of that time is spent inside building, a little bit of it is spent in cars and what ever is left is spent outdoors. This three-number formula for how much time to spend in nature fixes that.

[Click Here to read more](#)



How long does sunburn last? What to expect and when to get help.

You felt fine at the beach ; maybe a little warm , maybe a little pink . But by the time you got home , your skin told a different story . Now it 's red , sore and radiating heat . Classic sunburn . And all you can think is : how long will this sunburn last ?

[Click Here to read more](#)

**12 HEALTHIEST DRINKS FOR
YOU THAT ARE NOT WATER**

[CLICK HERE!](#)

