Summer Lovin’ Summer 2015

**Week 1: Berries**

It’s one of the best times of the year – Summer! Welcome to EWSNetwork’s 8-week campaign to bring awareness on how to have a happy, healthy, and safe summer.

This week, we will focus on the goodness and health benefits of berries. They are loaded in antioxidants which have so many beneficial properties. We also have great and tasty ways on how to incorporate berries in your diet. In addition, there is a quick and easy lunch idea that is not only nutritious, but delicious.

**Week 2: Eye Protection**

Welcome to EWSNetwork’s second week of our Summer Lovin’ campaign! We hope you enjoyed last week’s tips on how to add berries into your everyday life as well as the savoury sandwich recipe.

This week, we will discuss the important of eye protection. Bring out the sunglasses to protect your eyes not only from the glare, but also from harmful ultraviolet rays. There are cumulative consequences from not wearing sunglasses for everyone – children, adults, and the elderly. Learn what happens to unprotected eyes and know how to choose the proper sunglasses.

**Week 3: Mental Health – Vacation**

Welcome to EWSNetwork’s third week of our Summer Lovin’ campaign!

Your mental health is just as important as your physical health. Release your inner stress by taking a vacation this summer. There are countless reasons on why we need to take a vacation. We also got budget-friendly activities you can do by yourself, with your family, or with your friends. So get ready to pack your bags!

**Week 4: Hydration**

Welcome to EWSNetwork’s fourth week of our Summer Lovin’ campaign!

Everyone knows it’s vital to drink at least 8 cups of water daily. But we know that it’s difficult to drink plain water. That’s why we have tips on how you can infuse your water with refreshing combinations with fruits. Not only will infused water quench your thirst, but also will provide additional vitamins for you.

**Week 5: Tomatoes**

Welcome to EWSNetwork’s fifth week of our Summer Lovin’ campaign!

Tomato season is now! Pick up some fresh tomatoes and receive all the health benefits from them. We’ll teach you how to incorporate tomatoes in your everyday diet; they’re low in calories and fats too, so quickly stock up on them! We also provided you with a quick and delicious recipe!

**Week 6: Exercising in the Heat**

Welcome to EWSNetwork’s sixth week of our Summer Lovin’ campaign!

Don’t let the heat prevent you from exercising outdoors this summer! Most people don’t pay attention to the air quality, but we got you covered. We also got lots of smart ways on how to stay cool when you’re outside exercising.

**Week 7: Sleep Better**

Welcome to EWSNetwork’s seventh week of our Summer Lovin’ campaign!

Tossing and turning while sleeping due to the summer heat? Don’t worry, EWSNetwork have reliable and cost-effective ways (that don’t require AC) to help you get a good night’s rest. We also have tips on how to sleep comfortably when you’re out camping. Fall asleep and stay asleep throughout the summer days.

**Week 8: Stay Cool**

Welcome to EWSNetwork’s eighth and last week of our Summer Lovin’ campaign!

You don’t want to waste your summer feeling the effects of a heat-stroke. So stay cool with our easy-to-follow tips – some are as simple as keeping your curtains closed! We’ve also included two refreshing Popsicle recipes you can prepare in less than 15 minutes. This week wraps up our 2015 Summer Lovin’ Campaign. We hope that these topics and tips enabled you to have a happy, healthy, and safe summer!