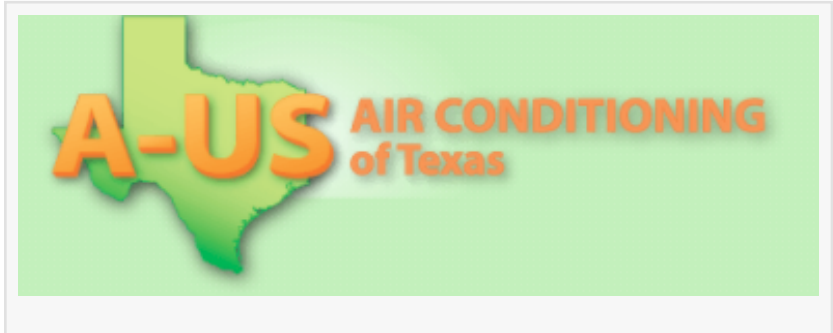


A-US Air Conditioning Reminding Texans How To Beat the Heat During The Summer

August is upon us and the Texas heat is raging. AUS Air Conditioning wants to make sure their clients are staying cool.

GARLAND, TEXAS, UNITED STATES, August 17, 2018 /EINPresswire.com/ -- Summer is usually classified as a fun, exciting time. The kids are out of school, the weather is warm and there is an abundance of outdoor activities.

August is the tail end of summer, where families are scurrying to get their last bit of summer fun in before the start of the new school year. It is a joyous time, filled with memories and new experiences. However, A-US Air Conditioning of Texas knows that this time can also be a struggle to beat the heat.



[Even with an air conditioning system that is running perfectly](#) people can't always stay in their house. [Despite the heat](#), regardless of the time of year, there is still a life to be lived. Therefore, A-US Air Conditioning offers these suggestions to help Texans beat the heat during the dog days of summer.

Drink Plenty of Water

Drinking water is always a good idea. However, during the dog days of summer, drinking water is essential. When it is hot, people sweat. Dry heat or not, dehydration is still occurring. Thus, it is even more important to replenish a person's water supply with a healthy stream of cool water.

In addition to keeping a person hydrated, the water will cool down the person's internal temperature. This will make them feel better and be less resistant to the heat. To help keep a supply of cold water readily available, freeze a water bottle and take it along every day. Drink the water as it melts and refills it whenever possible.

Eat Small Meals

Everyone at A-US Air Conditioning appreciates the satisfaction of food as much as any Texan worth their salt. Yet, when it comes to beating the heat, Texans need to pull the reins back on their eating habits, to stay cool and comfortable. Of course, people need to eat but it is what a person eats and how much they eat that makes a difference.

After eating a big meal, a body will heat up to help digest that meal. This will only make the person feel even more uncomfortable. Therefore, instead of eating a large meal, eat multiple small meals of cold food throughout the day. Fruits and raw vegetables are a good option. However, having lunch meat instead of a large stake will help curb the body's heat index too.

Exercise

Even if the heat is unbearable, people should still stick to their exercise routines. However, the

way those routines are carried out should differ. Obviously, people shouldn't be running around a park when the heat is unbearable. Yet, going to a gym, or using a makeshift home gym, where there is air conditioning can help. At least if a person is exercising, they feel better in other ways.

In summation, [A-US Air Conditioning of Texas wants their everyone to be comfortable](#) wherever their go. When they are in their house, A-US Air Conditioning of Texas takes care of all their HVAC needs. Therefore, it is only natural for them to provide tips to help clients beat the heat during their daily lives.

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