

HAVING A BAD AIR DAY?

Not cool. Because summer is ozone season. You see, with longer days and temperatures that soar, pollutants that foul the air do too. (Ozone forms when pollution from cars, trucks, industries and utilities cooks in the sun.) Which makes it doubly difficult for ozone-sensitive groups like kids, asthmatics and active adults who work or exercise outdoors.

The Air Quality Index will help. The idea is simple. AQI tells you about

the air in a color-coded numerical scale that ranges from 0 (clean or "Good") to 300 (extremely polluted or "Very Unhealthy").

Rule of thumb: Any time the AQI is forecast to hit above 100 (code orange, red or purple), consider adjusting your daily activities to reduce exposure to air pollution. Exercise in the morning or later in the evening when pollutants are usually lower. Spend less time at vigorous outdoor activities. Or, take it a little easier when you work or play outside. If you're a coach, rotate players out more often during the game.

To find out more about ozone levels where you live and breathe, check your local paper, TV or radio station. Or, visit [www. <YOUR LOCAL AIR DISTRICT>](http://www.<YOUR LOCAL AIR DISTRICT>).

AIR QUALITY INDEX FOR OZONE

AIR QUALITY	INDEX VALUE	COLOR REFERENCE	HEALTH ADVICE
GOOD	0-50	Green	No health impacts are expected when air quality is in this range.
MODERATE	51-100	Yellow	Unusually sensitive people should consider limiting prolonged outdoor exertion.
UNHEALTHY FOR SENSITIVE GROUPS	101-150	Orange	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.
UNHEALTHY	151-200	Red	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.
VERY UNHEALTHY	201-300	Purple	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.

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AIR QUALITY IS LIKE GOLF. LOW SCORE WINS.

Breaking 100 in golf is good. But when you hit over 100 on the Air Quality Index it's bad. That's because the AQI measures the quality of air on a scale that ranges from 0 (clean or "Good") to 300 (extremely polluted or "Very Unhealthy") and translates it to an easy-to-read color-coded scale. Just remember, the higher number the less healthy the air.

Where do you find this helpful scale? It's right there in

the paper to remind you about the steps you can take to protect yourself from ozone.

Rule of thumb: Any time the AQI is forecast to hit above 100 (code orange, red or purple), consider adjusting your daily activities to reduce exposure to air pollution. Exercise in the morning or later in the evening when pollutants are usually lower. Spend less time at vigorous outdoor activities. Or, take it a little easier when you work or play outside. Do that and you'll reduce the effects of ozone on your health.

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BEFORE YOU WORK OUT TODAY, EXERCISE A LITTLE COMMON SENSE.

If you're making outdoor exercise part of your summer plans, remember to plan it around the peak ozone periods of the day. How? Easy. Just get in the habit of checking the Air Quality Index in your paper like you'd check the weather.

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"Good") to 300 (extremely polluted or "Very Unhealthy").

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WHAT'S ONE OF THE SUMMER'S MOST COMMON ATHLETIC INJURIES? OZONE.

When summer temperatures and pollution levels soar, your lungs really suffer. That's because ozone pollution can inflame the sensitive tissues. Not good. In fact, the more you exert yourself outdoors in these bad ozone conditions, the more of an effect it will have on your health.

So do this. Simply check the Air Quality Index in your paper. The AQI tells you about the air in a color-coded numerical scale that ranges from 0 (clean or "Good") to 300 (extremely polluted

or "Very Unhealthy").

Rule of thumb: Any time the AQI is forecast to hit above 100 (code orange, red or purple), consider adjusting your daily activities to reduce exposure to air pollution. Exercise in the morning or later in the evening when pollutants are usually lower. Spend less time at vigorous outdoor activities. Or, take it a little easier when you work or play outside.

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IF YOU CAN'T HOLD YOUR BREATH ALL DAY, DO THIS.

Check the paper for the Air Quality Index.

Here's why. Harmful ozone forms when pollution from cars, trucks, industries, and utilities cooks in the sun. The hotter it gets, the more ozone there is. Which means if you're an active outdoorsy type, you may want to get your exercise in early, before things heat up. Or, put it off until later in the evening when things cool down and ozone levels are usually lower.

What is the AQI exactly? It's a simple, reliable way to rate the air and decide whether you should limit your outdoor activities.

The AQI uses a color-coded numerical scale that ranges from 0 (clean or "Good") to 300 (extremely polluted or "Very Unhealthy") to tell you about the air.

Rule of thumb: Any time the AQI is forecast to hit above 100 (code orange, red or purple), consider adjusting your daily activities to reduce exposure to air pollution. Spend less time at vigorous outdoor activities. Or, take it a little easier when you work or play outside. Do that and you'll reduce the effects of ozone on your health.

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FINALLY, A HEALTH PLAN FOR EVERYONE.

Ready for a health plan that's surprisingly clear and effective if you follow it?

Say hello to the AQI. This Air Quality Index is as smart as it is simple. Because it tells you about the air in a color-coded numerical scale that ranges from 0 (clean or "Good") to 300 (extremely polluted or "Very Unhealthy"). These are extremely important guidelines for children and adults who are active outdoors, and especially for

asthmatics. Hey, why end up at the doctor's office when you could prevent the whole ordeal by checking the paper?

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