



Stay cool

Heat and moisture, combined with the stresses of prolonged sitting, can contribute to pressure injuries.

Cushions designed around immersion technologies (think air or gel-filled) are intended to conform completely to boney areas, thus sealing off the pelvis from significant air flow. This can cause the skin to be warmer, damp, and clammy. Moist skin is not healthy skin.

In contrast, Ride's cushion designs take an altogether different approach: holding the high-risk areas up and away from the surface of the cushion, creating space for air to flow between the skin and the cushion. These patented, skin-friendly interface designs make all the difference in helping to manage heat and moisture. Learn more [here](#).

Hydration ideas

At this time of year, one way to stay hydrated is to drink plenty of fluids... but the water content of foods is often overlooked. For example, the water content of watermelon is 92%; cucumbers are 95% water. For more ideas about water-rich food choices, check out this [article](#).

And there's always the popsicle! Easy to make and perfectly festive for summer -- there are recipes for every possible flavor available online.



“When the sun is shining, I can do anything;
no mountain is too high, no trouble too difficult to overcome.”

Fun finds / resources

- Heat wave safety tips... including how to identify the symptoms of heat stroke and heat exhaustion, [here](#).

- "We've just barely made it to the other side of a year that took our collective breaths away..." Writer and activist Alice Wong wrote a powerful essay for Radiolab about breath. Find the show plus a transcript for the entire episode, including her essay, [here](#).



- Want to get an overview of the Americans with Disabilities Act (specifically, Title III and Public Accommodations)? Make sure you're registered for this webinar, sponsored by the ADA National Network, on Thursday, July 1st, from 1 - 2pm EST. Learn more [here](#).

Thanks for reading,
Your friends at Ride Designs



P.S. If you somehow missed the last newsletter, the most viewed item, for the second month in a row, was about our mission to use only the very best materials to make Ride products and the new ultra-breathable, 3D mesh liner option for the [Ride Custom Back](#). While allowing increased air flow, the ultra-breathable liner retains even less moisture than the original, making it easier to wash and quicker to dry.

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