

# LIVING A MILE HIGH

Denver is known as the “Mile High City” and living at a mile above sea level means your body must make some adjustments to function normally. It is not unusual for people coming to Denver from a lower altitude to experience light-headedness, dizziness, nausea, headaches, insomnia, nose bleeds, sun burns and dry skin. To make your trip here a pleasant experience, begin to follow the steps given below a couple of days before coming to Denver and during the time you are here:

- Drink twice as much water as you do at home - minimum of one gallon of water a day!
- Decrease salt intake
- Moderate your physical activity - especially the first few days of the trip
- Eat high carbohydrate and low fat meals
- Eliminate alcohol and reduce caffeine intake. Having one alcoholic drink in Denver is like three drinks at sea level!
- If you continue to feel sick do not hesitate to seek medical help!
- Always use sunscreen. (SPF 30+)
- Wear sun glasses.
- Bring extra clothes for sudden temperature changes.
- Use body lotion liberally!

Once you become acclimated to this altitude-usually within two weeks - you will begin to appreciate the benefits, like feeling warm on sunny days when the temperature is only 30 degrees; incredibly clear, blue skies; snow that melts the next day; being able to see all the way to Colorado Springs; cool summer nights with few bugs, and living in the majesty of purple mountains....