



Health & Wellness News

“Wellness Quote”

The... patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop. ~Quentin Regestein

July 2010



Heat-Smart Exercise

As temperatures rise and bathing suits come out of hiding, many people get serious about getting in shape.

While anything that inspires us to make healthy lifestyle changes is a cause for celebration, it's also important that we keep safety in mind.

Safe summer workouts take into account the high temperatures and humidity that can lead to heat-related medical emergencies.

The most dangerous of all heat-related conditions, heat stroke can be fatal. Preventing it begins with preventing heat exhaustion, a less-severe but still serious problem that results from the body's loss of water and salt through excessive sweating.

Perhaps the most obvious solu-

tion to getting your daily exercise while keeping your cool is to work out indoors.

Hit the gym, take to the pool, or break out the treadmill or stationary bike, at least until daytime temperatures retreat from the red zone.

If you simply can't part with your outdoor routine, you should at least do it in the morning or evening hours, before or after the sun is at its most brutal.

Heed these heat safety exercise tips:

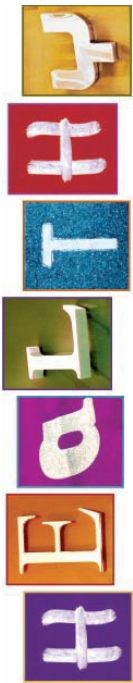
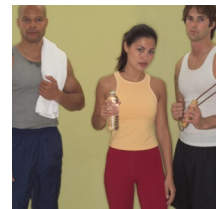
- ◆ **Acclimate.** Let your body gradually but regularly adjust to the higher temperatures by spending some time outdoors as the weather changes.

- ◆ **Stay hydrated.** Drink

20 oz. of water a couple hours before your workout, then another 8 oz. shortly before getting out in the heat. During your workout, keep water on hand to gulp every 15 to 20 minutes.

- ◆ **Slow down.** Make concessions for the heat and don't push yourself too hard. Scorching days are not the best time to set personal records.

- ◆ **Dress right.** Wear light-colored, breathable clothing to help regulate your body temperature during exercise.



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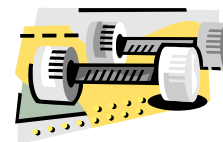
Sun Safety Tips

- ◆ Avoid prolonged exposure to the sun, especially between the hours of 10 am and 3 pm.
- ◆ Remember to stay covered, you can get sunburned on cloudy days, under water or through a car window.
- ◆ If you do go out in the sun, remember to wear sunscreen (15 SPF or higher).
- ◆ Don't forget protective lip balm.
- ◆ Use UV-blocking sunglasses to protect your eyes.
- ◆ Wear light-colored clothes that cover your arms, legs and neck.
- ◆ Put on a wide-brimmed hat to shade your face.
- ◆ Drink plenty of fluids, especially water.
- ◆ Try and avoid exposure to the sun when the UV index level is high.
- ◆ Never use tanning salons: they use the same UV radiation that cause skin cancer.

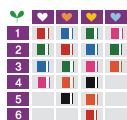
HEALTHY

Get Set for Physical Fitness

Top 10



1. Find **fun** and **easy** ways to **exercise** so it won't seem like a chore, especially if you're a beginner.
2. **Check** with your health-care provider if you are unaccustomed to exercise and plan to make major changes.
3. **Pick** a time that fits smoothly into your schedule.
4. Think of the **benefits** while you're exercising—stress relief, a trimmer body, better sleep and more energy, for example.
5. **Track your steps** daily with a low-cost pedometer. Aim for 5,000 steps or better, 10,000 steps per day.
6. Consider fitness a long-term project that starts small, with **weekly goals** and builds gradually into a natural way of life.
7. **Devote** a portion of your lunch break to physical activity such as walking.
8. **Don't miss** three workouts in a row for the first three months.
9. Pick activities that are **convenient** and easily accessible.
10. **Work toward a reward** such as new athletic shoes or something special.



Myth: Eating too much sugar can cause diabetes.

Fact: Eating sugary foods alone is unlikely to cause diabetes, but eating too much of anything high in calories and fat, can increase your risk of developing diabetes.

The Best Way to De-Stress

Talk about multitasking: Exercise is the ideal way to **ease stress** & get fit in the bargain.

It's common to focus on the frequently touted physical perks of exercise: weight loss, heart health, muscle-building, & disease prevention, to name just a few.

But body benefits aside, physical activity also serves as an effective natural stress buster.

That's good news for people whose fast-paced, busy lifestyles include high-stress jobs or situations (& doesn't that include everyone, from time to time?).

A stressful day at the office can make you want to go home & park

yourself on the couch to unwind.

Choose instead to lace up your walking shoes & hit the sidewalk, or to hop on the treadmill for an hour of active TV watching, & see how you feel afterward.

You'll likely find that the stress of the day has drained away, leaving you more relaxed & in better spirits.

What is it about exercise that makes it such an effective stress reliever?

For one thing, physical activity can serve as an outlet for your pent-up frustration or anxiety. Once you've released that tension through a heart-pounding work-

out, you'll feel better able to handle whatever tomorrow may bring.

Another way exercise can help is by releasing your body's "feel-good" chemicals, called endorphins, & decreasing stress hormones such as cortisol.

Exercise may also work as a distraction from your problems & as a source of social support & interaction, if you choose to work out with a friend or in a group environment.

Whatever the reasons behind the stress-reduction effects of exercise, it is undeniably a healthy coping mechanism.



Wellness Fun Facts: Bandages

The use of bandages dates back many centuries. It is believed that the first bandages were strips of animal hide and dressings were plant material. The first Band-Aid was invented by Earl Dickson who worked for Johnson & Johnson. He created it by using a strip of Johnson and Johnson's surgical tape and attaching a pad of gauze on the sticky side. On the reverse side, he attached crinoline to protect the bandage. The trade name, Band-Aid was adopted in 1920.