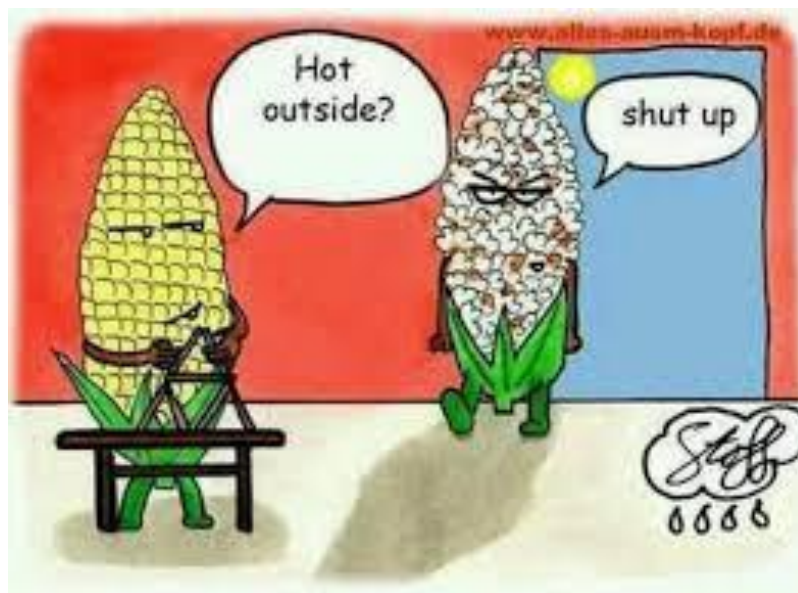


A very warm greeting from the H & S Committee for the Month of July!!! Here is hoping everyone is finding some shade with the heat that we have been having and staying hydrated and cool! To think we have a couple of months still ahead of us before fall heads in! This month's newsletter is full of ways to keep cool over the warm month ahead and a great recipe that doesn't need to be cooked, especially in this heat wave. Enjoy and be safe this first full month of Summer!



EXTREME HEAT – HEAT WAVES/SUN SAFETY

What are extreme heat events? Extreme heat events involve high temperatures and sometimes high humidity. Although the level of temperature extremes may vary between regions, usually high heat can have negative impacts on your health. Weather conditions play a big role in how your body regulates its temperature. For example, if it's windy, sweat evaporates faster, which helps to cool you. But high humidity slows down this process, contributing to increased body temperature.

Heat illnesses can affect you quickly, and can lead to long- term health problems and even death. They are mainly caused by being over-exposed to extreme heat especially if you are doing too much for you rage and physical condition. While extreme heat can put everyone at risk, it effect's older adults, infants, people with chronic illnesses and people that work or exercise in the heat.

STAY COOL!!! 6 EASY WAYS TO BEAT THE SUMMER HEAT



- 1. Cook smart.** Appliances generate heat. An oven can easily raise the room temperature 10 degrees. Save cooking with heat for cooler hours during the day, or cook outdoors on your grill. It is also a good idea to run the dishwasher and clothes dryer at night.
- 2. Eat smaller meals.** Refuel to aid the body's energy levels and natural cooling system by eating smaller meals more frequently throughout the day. Foods' high sugar levels can increase the body's core temperature.
- 3. Stay hydrated.** Dehydration is common, even in cool weather. You need to drink additional water during summer and through periods of high heat. Drink at least one 8-ounce glass of water before exposure to the heat. Consume 1-1/2 to 2 cups of water every 20 minutes during prolonged exposure to high temperatures. Don't just wait until you're thirsty!
- 4. Go outside.** Spend your time outside, both in the sun and in the shade. Read a book, nap or have a picnic in the shade between activities in the sun. Don't stay in an unprotected area with high temperatures for extended periods of time.
- 5. Stay sober.** Avoid alcohol, caffeine and drinks with high sugar content. Sugar and caffeine act as a diuretic, which will cause fluids to be depleted more rapidly from your body.
- 6. Look cool.** Choose garments made from natural fibers, such as cotton, which is breathable. Wear loose-fitting, light-colored clothing that will allow air to circulate while you are out in the heat. Synthetic fibers will keep additional heat in and prevent the natural cooling process of evaporation

Summer Tune-Up



Getting in shape is a process, *not* a one-time fix. We have seen our fair share of weekend warriors who jump straight into an intensive exercise program only to injure themselves or lose focus, then pick right back up where they left off with their remote control and a bag of potato chips.

For example, if you want to take up jogging regularly, start simply by walking beforehand to prepare your joints, ligaments and entire body. An easy rule of thumb is 2 weeks of walking for every 10 years of your life—so if you're in your forties, walk 3-5 times a week for 8 weeks ($2 \times 4 = 8$) *before* you lace up your new fluorescent Nikes for a jog.

So where do you start?

Maybe you've packed on a few extra pounds, or you find yourself frequently short of breath, or you sweat just thinking about exercising. The first place to start is to visit your doctor for a basic physical to find out about any restrictions, limitations or complications before you begin an exercise program.

And on that note—don't make it a "program." Consider it a life change, something that you want to do to enhance your mental, physical, social and spiritual well-being so you can be fully alive for the long haul.



Find out why you don't exercise

People find “barriers to participation” on why they do not partake in exercise. Reasons can be motivation, intimidation, education, money, time or convenience.

Evaluate your lifestyle and see if any of the above factors apply to you. If it's time, try running to the gym and doing an intense 30-minute workout. If it's motivation, plan a reward after 30 days of consistent exercise—maybe a trip, a new car, new running shoes, even braces!—something that is a real motivation for you personally. The bottom line is to figure out why you aren't exercising regularly—what your barrier is—and work with it.

Choose exercise that you enjoy

If you can't smile while you are doing it, do something else. Your body will respond much better if you are really enjoying what you are doing. This will of course be different for different people. Your thing that you love could be a sport, or dancing, or jogging... Just keep trying new things until you connect with what you love to do.

Try walking

Walking is likely the easiest, most effective and least threatening place to start. Don't underestimate the power of a good, brisk walk—it uses and invigorates every muscle in the body. Start slowly so that you can walk and talk. But if you can comfortably sing, it's time to speed it up. The general rule for walking as exercise is that your breathing should be such that you can carry on a conversation with someone but not have enough breath to sing. Work your way up to at least 40 minutes three times a week to stay in the shape you are, and four to five times a week to improve.

And remember...

Exercise is the spice of life! So get active doing something you enjoy, and you and those around you will reap the benefits.

A ONE HOUR
WORKOUT
IS 4%
OF YOUR DAY
no excuses





THAI BEEF ROLLS:

1 1/2 tablespoons fresh lime juice

1 tablespoon dark sesame oil

1 tablespoon bottled ground fresh ginger

1 tablespoon bottled minced garlic

2 teaspoons fish sauce

3/4 teaspoon sugar

4 (8-inch) flour tortillas

2 cups torn Boston lettuce

12 ounces thinly sliced deli roast beef

1/2 cup matchstick-cut carrots

1/4 cup chopped fresh mint

Combine first 6 ingredients in a small bowl, stirring well with a whisk. Place tortillas on a work surface; brush lightly with 2 teaspoons juice mixture. Arrange 1/2 cup lettuce on each tortilla; top each with 3 ounces beef. Combine carrots and mint; arrange about 3 tablespoons carrot mixture over each serving. Drizzle each serving with about 1 tablespoon of remaining juice mixture; roll up.