



TOP TIPS FOR EXERCISING IN THE HEAT

Exercise is important for our overall health and well-being, regardless of the season. However, when the weather turns warm, there are a few key tips to keep in mind to ensure a safe and enjoyable workout.



Avoid the Intense Heat.

Schedule workouts during cooler times like early morning or late evening as the hottest part of the day is between 11 am and 3 pm. Monitor the weather forecast to factor in humidity levels, which can amplify the heat's impact. High humidity makes it harder for your body to cool down effectively. By prioritizing cooler times and considering humidity, you can reduce the risk of overheating and heat-related illnesses.



Stay Hydrated.

Drink plenty of fluids before and during your workout to keep your body properly hydrated. Consume 16 to 24 ounces of water a few hours before exercise. This helps prepare your body to withstand the heat and reduces the risk of dehydration. Keep water readily available and take regular sips during your workout. Proper hydration supports optimal bodily functions, temperature regulation, and overall performance.



Dress Appropriately.

Choose lightweight, breathable fabrics like polyester, lycra, and nylon that wick away sweat and promote evaporation. Keeping your head cool is vital, so wear a light-colored hat to provide shade. If you feel fatigued, consider soaking the hat or a towel in water for additional cooling.



Wear Sunscreen.

Protecting your skin from the sun's harmful rays is crucial during outdoor activities. Apply a waterproof sunscreen with a minimum SPF of 30 to shield your skin from UV damage. Remember to reapply every two hours or after sweating to maintain adequate protection. By diligently wearing sunscreen, you can significantly reduce the risk of sunburn and minimize long-term skin damage.



Create a Training Plan.

Prioritize flexibility and diversity when designing your plan. Schedule your intense and longer workouts during cooler times of the day or consider indoor alternatives. By adapting to the weather conditions, you can ensure a safer and more comfortable exercise experience. Incorporate longer rest breaks and hydration stops into your plan to promote proper recovery and maintain optimal hydration levels. Remember, a well-balanced training plan will keep your workouts both enjoyable and effective.

Whether you have specific questions about exercise techniques, need guidance in setting realistic goals, or could use support finding the right balance for your lifestyle, a health coach can offer expertise, motivation, and accountability to help you create a plan that works for you. Want to learn more or schedule a meeting with your health coach? Email healthcoaching@ewsnetwork.com.





WELLNESS NEWSLETTER
AUGUST 2023

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HIGHLIGHTS for the August 2023 Newsletter

Beware of Bacteria in Swimming Water: 7 Ways to Stay Safe

Going swimming this summer? There could be something lurking in the water that could make you sick. And you can't even see it. Here's what you need to know.

The Link Between Brain Health and a Zombie Attack

What would you do if you knew a zombie attack was coming? Protect yourself, right? If you have high blood pressure, something might eat your brain if you don't do anything about it. But it won't be zombies...

5 'Sneaky' Reasons to Eat More Zucchini This Summer

If zucchini is taking over your garden, you're not alone. It's that time of year when zucchini grows like crazy. It's healthy. It's packed with vitamins and nutrients. And if you have more than you can handle, here's something you can do...

Y-Axis: The Fountain Drink Fizzle

Like fountain drinks? You know...grab a cup at a restaurant or quickie-mart. Maybe use a refillable mug. Before gulping down your next biggie-sized drink, read this...

Recipe: Zucchini Lasagna

Wondering what to do with an end-of-summer super-crop of zucchini? Give this recipe a try:

Take the August Health Challenge!

Build Strong Bones: Strengthen your bones with diet and exercise.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What goes into a healthy-green salad?

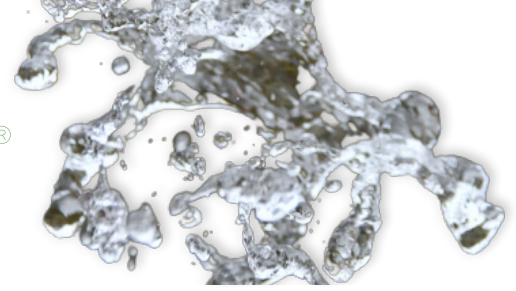


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THE Y AXIS



The Fountain Drink Fizzle

Like fountain drinks? Before gulping down your next biggie-sized drink, read this...



Researchers took 90 samples from fountain drink machines at 30 different restaurants.⁵

They tested water and soda.

The results: 48 percent of the drinks had enough fecal matter (that's poop) and bacteria in them to make you sick.

Still thirsty for soda? Poor hand washing by customers and staff likely have a lot to do with it. Gross! Order bottled water next time.

COMMENTS?

Send comments to the editor:

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Beware of Bacteria in Swimming Water: 7 Ways to Stay Safe

7 tips to avoid getting sick from swimming water

When it's hot outside, heading to the nearest pool, water park, or swimming hole, can be a fun way to cool off. But bacteria in the water could make you sick.¹

Lakes and swimming pools contaminated with E. coli sicken thousands of people a year. All it takes to contaminate your favorite swimming spot with E. coli is just one infected person.

Poor personal hygiene after using the bathroom, not showering before swimming, or a case of diarrhea is often the cause. Health officials will shut down swimming areas if E. coli is detected, but that often happens only after people have reported getting sick.

Here are SEVEN ways to play it safe:

1. Don't swim when you have diarrhea.
2. Shower with soap before swimming, and wash your hands after using the toilet or changing diapers.

3. Don't swallow pool or lake water, and avoid getting water in your mouth or up your nose.
4. If you have kids, take them on bathroom breaks or check diapers often. Waiting to hear, "I have to go" may mean that it's too late.
5. Change diapers in a bathroom or diaper-changing area far away from the water.
6. Check water safety reports from health officials before you go swimming.
7. And beware of warm water ponds. The conditions can harbor dangerous bacteria that can be deadly.

You can still enjoy swimming this summer. Just play it safe and protect yourself from germs in the water.

MORE

Healthy swimming tips
<https://tinyurl.com/532r4k57>

The Link Between Brain Health and a Zombie Attack

Chronic high blood pressure raises risk for dementia with age

What would you do if you knew a zombie attack was coming? Protect your head. Stock up on supplies. Prepare to defend yourself. Probably all three, right?

If you have high blood pressure, something might eat your brain if you don't do anything about it. But it won't be zombies.

If you're a middle-aged adult with high blood pressure, you're 49 percent more likely to develop dementia as you age.² And that can lead to memory loss. It can also make it hard to get dressed, brush your teeth, or do other simple tasks of daily living.

The blood pressure and dementia connection

If your blood pressure is less than 120/80, risk for dementia as you age is lower. If it's higher



than that, you may have elevated or high blood pressure. A lot of people do.

About 1 in 3 adults in the U.S., in fact. And many don't even know it. (Kind of like being oblivious to a zombie attack.)

If you want to protect your brain as you age and lower your risk for dementia, keep your blood pressure in check. Less than 120/80 is ideal.



Zucchini Lasagna

Wondering what to do with an end-of-summer supply of zucchini? Give this recipe a try:⁴

Ingredients

- 1/2 pound lasagna noodles, cooked
- 3/4 C mozzarella cheese, grated
- 1-1/2 C cottage cheese
- 1/4 C Parmesan cheese, grated
- 1-1/2 C raw zucchini, sliced
- 2-1/2 C tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1 clove garlic, minced

Directions

- Preheat oven to 350°F. Grease 9x13- inch baking dish.
- Combine 1/8 C mozzarella and 1 T Parmesan. Set aside.
- Combine remaining mozzarella and Parmesan with cottage cheese. Set aside.
- Combine tomato sauce, basil, oregano, and garlic. Spread thin layer of sauce in dish. Add a layer of noodles. Spread half of cottage cheese mixture on top. Add layer of zucchini.
- Repeat layering. Top with sauce and cheese mixture. Cover with foil. Bake 30 to 40 minutes.

Serves 6. 200 calories per serving.

5 ‘Sneaky’ Reasons to Eat More Zucchini This Summer

Discover the health benefits of summer squash

Imagine you’re drifting off to sleep on a hot summer night. Then you hear a strange noise. Peering into the shadowy darkness, you see your neighbor in the garden. Weird, right?

It looks like he’s collecting caveman clubs or deformed bowling pins. And you can’t really tell if that’s a network of alien tentacles snaking across the ground, or if those are just vines.

But if you wake up in the morning and discover a surprise at your front door, it will all make sense.

August 8 is Sneak Some Zucchini Onto Your Neighbor’s Porch Night.

Yes, it’s actually a thing. And it makes sense. Zucchini grows like crazy around this time of year.

And if you can’t eat it all, share it.

Try some zucchini (aka summer squash) while it’s in season. It’s high in vitamin C, antioxidants, and other nutrients.

Here are FIVE reasons eating zucchini is good for your health.³

Zucchini...

- Helps control blood pressure
- Reduces inflammation linked to chronic disease and certain types of cancer
- Promotes gut health and digestion
- Low in calories to aid in weight management
- High in B vitamins to support metabolism, mood, and energy levels



Enjoy this summer squash as a snack or side dish. Try it in place of pasta. And use it in breads, soups, and main dishes.

If you have a garden full of zucchini, eat some and give some away. If you don’t, stop by the grocery store or farmer’s market and give this vegetable a try.

MORE

Try these zucchini recipes
<https://tinyurl.com/yby3v3s6om/y6gocbnd>

The Link Between Brain Health and a Zombie Attack (continued from page 1)

If it’s higher than that, healthy lifestyle habits and medicine can help.

Here are some things you can do to control blood pressure:

- Maintain a healthy weight, or lose weight if you need to.
- Exercise at least 30 minutes a day.
- Eat a healthy diet (fruits, vegetables, whole grains, nuts, seeds, legumes, and plenty of water)

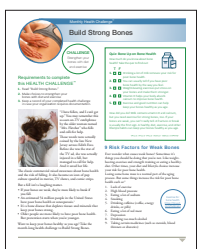
- Avoid or limit high-sodium foods.
- Avoid or limit alcohol.
- Don’t smoke, or quit if you do.
- Manage stress in healthy ways.
- Get a check-up and talk to your doctor.

MORE

5 steps to control blood pressure
<https://tinyurl.com/y286u4h2>

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Take the August Health Challenge!

Build Strong Bones: Strengthen your bones with diet and exercise

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What goes into a healthy-green salad?



WELLNESS CHALLENGE

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Build Strong Bones

CHALLENGE

Strengthen your bones with diet and exercise

Requirements to complete this HEALTH CHALLENGE™

1. Read “Build Strong Bones.”
2. Make choices to strengthen your bones with diet and exercise
3. Keep a record of your completed health challenge in case your organization requires documentation.



“I have fallen, and I can’t get up.” You may remember this as-seen-on-TV catchphrase by the older woman named “Mrs. Fletcher” who falls and calls for help.

Those words were actually coined by the late New Jersey actress Edith Fore. Before she was the star of the TV ad, she was actually injured in a fall, but managed to call for help. And it saved her life.

The classic commercial raised awareness about bone health and the risk of falling. It also became an icon of pop culture spoofed in movies, TV shows, and comic strips.

But a fall isn’t a laughing matter.

- If your bones are weak, they’re more likely to break if you fall.
- An estimated 54 million people in the United States have poor bone health or osteoporosis.¹
- It’s a bone disease that depletes tissues and minerals that keep your bones strong.
- Older people are more likely to have poor bone health. But prevention starts when you’re younger.

Want to keep your bones healthy as you age? Take the month-long health challenge to Build Strong Bones.

Quiz: Bone Up on Bone Health

How much do you know about bone health? Take the quiz to find out:



T F

1. Drinking a lot of milk removes your risk for poor bone health.
2. You can usually tell if you have poor bone health by the way you feel.
3. Weight-bearing exercises put stress on your bones and make them stronger.
4. Vitamin D helps your body absorb calcium to improve bone health.
5. Exercise and good nutrition can help keep your bones healthy as you age.

How did you do? Milk contains vitamin D and calcium, but you need exercise for strong bones, too. If your bones are weak, you can’t really tell. A fracture or break is usually the first sign. A healthy diet, exercise, and other lifestyle habits can keep your bones healthy as you age.

Answers: 1.False, 2.False, 3.True, 4.True, 5.True.

9 Risk Factors for Weak Bones

Ever wonder what causes weak bones? Sometimes it’s things you should be doing that you’re not. Like weight-bearing exercises and strength training or eating a healthy diet. Other times, your diet and lifestyle choices increase your risk for poor bone health.

Losing some bone mass is a normal part of the aging process. But some things increase the risk for poor bone health such as:²

1. Lack of exercise
2. High blood pressure
3. Eating a lot of sodium
4. Smoking
5. Drinking caffeine (coffee, energy drinks, or pills)
6. Eating a lot of red meat
7. Depression
8. Drinking too much alcohol
9. Taking certain medicines (such as steroids, blood thinners or diuretics)

Exercise for bone health
<https://tinyurl.com/ha9jru6a>



5 Lifestyle Habits to Help You Build Strong Bones

There are a lot of myths out there about how to build strong bones. Here are two common myths we can put to rest right now... You don't need to drink gallons of milk every day or train like a bodybuilder to build stronger bones.

But if you want to move better, get around easier, prevent bone loss as you age, and lower your risk for fractures, there are some things you can do.

Here are five ways to build strong bones:

1. Exercise

Any exercise or form of movement that puts weight on your bones or makes your muscles stronger helps make your bones stronger, too.

- Try jogging, walking, or playing tennis.
- Basic bodyweight exercises like squats, pushups, and lunges strengthen your bones too.³
- Even everyday weight-bearing activities can help strengthen your bones like standing up, holding a kid, carrying groceries, or working in the yard.
- Aim for at least two days of strength training exercises a week, and at least 30 minutes of exercise most days of the week.

5 easy ways to build stronger bones
<https://tinyurl.com/vyzkcmee>

2. Eat Protein-Rich Foods

Did you know the living part of the bone is made up mostly of proteins? You need protein in your diet to keep your bones healthy.⁴

Good protein sources include foods like:

- Legumes
- Nuts and seeds
- Low-fat dairy products
- Eggs
- Soy
- Fish
- Lean meats like chicken or turkey.



3. Eat More Plant-Based Foods

Your bones need essential nutrients found in fruits and vegetables, including vitamin K, vitamin B12, and calcium. These nutrients help make your bones more dense and slow bone loss as you age.⁵



Add nutrient-dense foods to your diet like:

- Broccoli
- Kale
- Spinach
- Legumes
- Citrus fruits
- Foods fortified with calcium.

4. Get More Vitamin D

Vitamin D is vital to help your body absorb calcium and deposit it in your bones. You can get some vitamin D from food or supplements.



But your best source of vitamin D? The sun.⁶

- Aim for about 15 minutes a day in the sun.
- Why? When your skin is exposed to sunlight, it makes large amounts of vitamin D.
- If you're not getting enough vitamin D (common if you live in northern regions), talk to your doctor about getting tested or taking a vitamin D supplement.

5. Make Healthy Lifestyle Changes

Take a look again at the list of things that cause poor bone health (9 Risk Factors for Weak Bones). Do any of these risk factors look familiar?

If you want to keep your bones healthy as you age, it may be time to make some changes. You may be able to do this on your own. Talking with your doctor, a nutritionist, or personal trainer can help, too.

Tips for a bone-healthy diet
<https://tinyurl.com/ys9pzejs>

Take it one step at a time. You can build stronger bones, be healthier, and enjoy a better quality of life.

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Build Strong Bones

CHALLENGE

Strengthen your bones with diet and exercise

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to build strong bones with diet, exercise and other healthy lifestyle habits.
3. Use the calendar to record your actions and choices to build strong bones.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
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_____ Number of days this month I made choices to build strong bones

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____



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ASK THE DOCTOR

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Q.

What goes into a healthy-green salad?

A.

A green salad made the right way can add fruits and vegetables to your daily diet. It's one reason salad tops the list

on just about every diet plan ever created. It's high in vitamins and nutrients. And it's low in calories ... with the right kind of dressing.

Munch on this ... Only about 10 percent of adults eat enough vegetables. And just 12 percent eat enough fruit.¹ But you need about 1.5 to 2 cups of fruit, and 2 to 3 cups of vegetables per day.²

Toss a few of both into a salad and you're on your way to better health. Eating salad is a great way to control calories, feel fuller longer, and add more whole foods to your diet.³

Here's how to build a healthy green salad:

1. Begin with leafy-greens

Skip the iceberg lettuce. Those pale-colored leaves don't contain the vitamins and nutrients found in other lettuce or greens. Start with romaine lettuce, spinach, kale, arugula, or a mix of leafy-greens.

2. Add some crunch to munch

No, that doesn't mean heaping piles of croutons, tortilla chips, or chow mein noodles. They're high in fat, sodium, and calories. Instead, add nuts, seeds, and raw veggies. Try diced celery, fresh broccoli florets, or pumpkin seeds. Sprinkle pine nuts, slivered almonds, walnut pieces, or pecans on top.



3. Brighten the bowl

Who says green salad has to be a pile of bland-tasting leaves? It doesn't. Add some bright colors and tastes to your salad bowl – sliced, diced, or whole:

- Red onions
- Tomatoes
- Avocado
- Beets
- Apples
- Pears
- Oranges
- Peaches
- Strawberries
- Blackberries
- Blueberries
- Blackberries
- Pomegranate seeds
- Peppers

4. Pick a protein

Your body needs protein to build strong bones and muscles, and support other functions. And it's easy to add it to a salad.

- **Beans:** Try canned black beans, garbanzos, or pintos. Rinse first.
- **Meat or fish:** Try chicken, turkey, salmon, or tuna.
- **Other protein-rich options** include hard-boiled eggs (sliced), tofu, or low-fat cheese like feta, mozzarella, or parmesan. And don't forget about nuts and seeds.

ASK THE Wellness DOCTOR

5. Dress for success

Here's a hint. Skip the creamy salad dressings. For example, a typical serving of ranch dressing on a salad can add 150 to 300 calories. Instead, use salad dressings made with lemon or lime juice, red wine, balsamic vinegar, or olive oil.

Be a salad artist

These basic ideas will help you build a healthy green salad. But don't stop there. Use a recipe, or a little creativity, to make your own salads. You'll feel better, be healthier, and lower your risk for chronic disease

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