

EIGHT TIPS FOR EXERCISING IN SUMMER HEAT

A beautiful, sunny day is the ultimate motivation to go outside and play, but the summer heat and exercise can be a risky combination.

Full article by Eugenia Killoran for Pritikin.com

1. Know when to ease up! Chances are, you won't be able to exercise at the intensity you normally do, and that's okay.
2. Avoid the hottest part of the day. Rise early to catch the cool of the morning or go out at or after sunset.
3. Wear light-colored, lightweight clothing. Dark colors absorb the heat!
4. Apply sunblock with UVA/UVB at two-hour intervals, even if the labels have sweat-proof or water-proof claims.
5. Drink up and keep track of your hydration levels. Aim to drink the recommended 8 - 10 ounces of water for every 20 minutes of activity.
6. Steer clear of sports drinks, unless you're exercising for long durations at high intensities. Even then, it's a good idea to dilute sport drinks to avoid excessive calorie consumption.
7. Never let yourself get to the point where you're feeling faint, dizzy, or sick. Headache, cramps, nausea, and vomiting, are signs that you should find air-conditioned comfort fast.
8. Know the signs -- heat stroke can be fatal, and there is often little warning. Symptoms include *absence* of sweating with flushed skin, rapid pulse, difficulty breathing, hallucinations, disorientation, and seizure.

Vegetables -- Seconds, Please! By Casey Wetter, RD

After receiving your recent SMCH Safety Tips mailer, did you feel the nudge to UP your vegetable intake? It's time to get excited about **PRODUCE** as we transition to summer, and fresh, local veggies become more available.

Vegetables play a key role in a healthy meal plan, whether your goal is weight loss, health maintenance or disease prevention. Most of us would agree that vegetables are "good for you," but many don't realize *how* good!

- Vegetables pack a *punch* of vitamins and minerals like potassium, folate, vitamins A and C. Plus, their antioxidants help reduce chronic inflammation.
- Diets rich in potassium may help promote healthy blood pressure. Veggies highest in potassium include tomatoes, sweet potatoes, green beans, and spinach.
- Vegetables are great sources of fiber, which helps us feel full, keeps our bowels regular and can reduce blood cholesterol levels. Women should have 25 grams per day, and men 38 grams per day. (*The average American only consumes 10-15 grams of fiber daily!*)

As the MyPlate model recommends, fill half your plate with produce, with fresh or frozen varieties being your best choices. If you choose canned veggies, rinse well to remove around 30 percent of the added sodium.

For those teammates who work at the Lake City campus, we invite you to enjoy the variety of vegetables offered in the Junction daily. Our salad bar offers a variety of fresh, raw vegetables and our Nutrition Services Team strives to include a hot (*non-creamy*) vegetable as part of the daily menu.

THE FOUR PILLARS OF FINANCIAL WELLNESS

Financial experts agree that financial health includes four key components: Spend, Save, Borrow, and Plan. Here are valuable tips to strengthen each component.

Spend: With a little time, you can put together a clear budget to improve your spending habits. You can easily find budgeting tips online, and tools and apps to download that can automate the budgeting process for you.

Save: Aim to save a minimum of 10% of your monthly income, but any amount saved helps improve your financial fitness. Once you start saving, those funds should be considered untouchable. Use them to begin building an emergency fund and save for long-term goals.

Borrow: Healthy debt payments should be no more than 15% of your income (*not including mortgage and transportation loans*). While credit cards can have perks, such as raising your credit score, they can also be dangerous. Paying down debt fast should be a priority.

Plan: Where do you see yourself financially in 5 years, and where would you like to be? Do you want to be able to buy a house or maybe an income property? Will you help a child with college tuition costs? By focusing on long-term goals, you can re-prioritize your budget.

Remember, improvements are possible! Take time to analyze your financial health, set a plan, and actively work towards your goals.



BIKE WITH US

Log some biking minutes for the Q2 Challenge at our group rides! Family, friends and pets welcome!

JUNE 3, 9:00 AM -- Twin Lakes bike trail -- one lap is 6.2 miles, 12 roundtrip -- start at east side park.

JUNE 17, 9:00 AM -- Sauk Trail starting at trail head -- Carnarvon to Lake View -- 6.2 miles one way, 12 roundtrip.

ASPARAGUS helps relieve arthritis, prevents cancer and progression of cataracts, dissolves kidney stones, helps control blood sugar, strengthens the heart, and is even a diuretic.

Follow the recipe below to enjoy this summertime favorite!

Oven-Roasted Asparagus

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 ½ tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice (*optional*)

STEP 1

Preheat the oven to 425 degrees F.

STEP 2

Place asparagus into a bowl; drizzle with olive oil and toss. Sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange asparagus in a single layer in a baking dish.

STEP 3

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

