

# Wellness Newsletter

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ISSUE #10

“Educate for Wellness, Knowledge for Life”



## Paddle, Pedal, and Play

While it's important to stick with a physical activity schedule, sometimes routines can be dull. Spending time doing something that is for your own personal benefit increases happiness and satisfaction in life. Embracing activities that have the added benefit of keeping you physically fit and easily hitting activity goals while having fun brings a bucket of benefits!

- **Feel Better:** Finding and pursuing hobbies can improve physical health, boost your mood, and relieve stress.
- **Reduce Boredom:** Ditch the treadmill this week and find a walking group to share your passion and pace.
- **Form Social Connections:** Joining an athletic team, club, or league, or enrolling in a class or workshop to try a new sport or skill is a great way to meet new people who share your interests.

Whether you prefer paddling on water or peddling on land, there are plenty of outdoor sporting hobbies to get fit while having fun at the same time.

### HERE ARE JUST A FEW:

**Pick up a paddle:** Racquet sports like tennis, pickleball, beach paddle, and squash are great ways to find your fitness, engage in some healthy competition, and improve hand-eye coordination. For another paddling

option, hit the water in a canoe, a kayak, or a paddleboard.

**Bonus:** spending time on or near water is a proven stress reducer!

**Pedal power:** Cycling is good for the mind, the body, and the environment. Plan a ride on a scenic route through your neighborhood, a wooded trail, down a mountain, or along the boardwalk. Don't forget your helmet!

**Play ball:** Volleyball, softball, basketball, or soccer are all fun, healthy ways to enjoy sports, stay fit, and bring friends and family together. Golf is great, too, just be sure to park the cart and walk the course.

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# Staying Safe While Working Out During the Summer: Essential Tips



Exercising in the summer can be a rewarding experience. The warm weather and extended daylight hours encourage outdoor activities and provide an opportunity to enjoy nature. However, the heat and humidity also pose unique challenges. To ensure that your workout is safe and effective, it's essential to take precautions. Below are some guidelines and tips to help you stay safe while exercising during the summer.

## 1. Choose the Right Time to Exercise

One of the most critical aspects of summer workouts is timing. The sun is strongest between 10 a.m. and 4 p.m., and exercising during these hours can increase your risk of heat-related illnesses. To avoid the harshest conditions, plan your workouts in the early morning or late evening. These cooler times of day not only reduce the risk of overheating but also make your exercise more enjoyable.



## 2. Stay Hydrated

Hydration is vital when working out in hot weather. You lose more fluids through sweat, and without proper hydration, you risk dehydration, which can lead to heat exhaustion or heat stroke. It's essential to drink water before, during, and after your workout. For longer sessions, consider sports drinks that replenish electrolytes. A good rule of thumb is to drink at least 8 ounces of water every 20 minutes during your workout. Pay attention to your body—if you start feeling thirsty, you're already dehydrated.



## 3. Dress Appropriately

Wearing the right clothing can make a big difference in how your body handles heat. Opt for lightweight, loose-fitting clothes made from moisture-wicking fabrics. These materials help keep sweat away from your body, allowing it to cool down more effectively. Light-colored clothing reflects sunlight, keeping you cooler, while darker colors absorb heat, which can increase your body temperature.



## 4. Apply Sunscreen

Even if you're exercising early in the morning or late in the evening, applying sunscreen is a must. The sun's rays can still cause skin damage, leading to sunburn and increasing the risk of skin cancer. Use a broad-spectrum sunscreen with at least SPF 30, and reapply every two hours or more frequently if you're sweating heavily.



## 5. Adjust to the Heat

If you're not use to exercising in the heat, take time to adjust. Start with shorter, less intense workouts and gradually increase the duration and intensity as your body adjusts. This process can take a few days to a couple of weeks, but it's crucial for preventing heat-related illnesses.

## 6. Listen to Your Body

Your body gives you signs when something isn't right. Pay attention to symptoms such as dizziness, nausea, headache, excessive sweating, or a rapid heartbeat. These could be signs of heat exhaustion or heat stroke, both of which are serious conditions that require immediate attention. If you start feeling unwell, stop exercising, find a cool place to rest, and hydrate. Don't push yourself to the point of discomfort.



## 7. Modify Your Workout

Consider modifying your usual routine to fit the summer conditions. Opt for activities that are less strenuous or can be done in cooler environments. Swimming, for example, is an excellent full-body workout that keeps you cool while exercising. If you prefer running, try trail running in shaded areas instead of open roads. Indoor workouts are also a good option when the weather is too hot to handle.



## 8. Use Cooling Strategies

Using cooling strategies before, during, and after your workout can help regulate your body temperature. Before heading out, take a cool shower or soak a towel in cold water and drape it over your neck. During your workout, take breaks in shaded or air-conditioned areas. After your session, cool down with a gentle walk in a shaded area and drink plenty of water.



## 9. Work Out with a Buddy

Working out with a friend or in a group can be motivating and safer during the summer. A workout partner can help monitor each other for signs of heat stress, and in case of an emergency, having someone nearby can be critical. Plus, it's more fun to exercise with a friend!



## 10. Know When to Skip the Workout

Sometimes, the best decision you can make is to skip your workout, especially if the weather is extreme. On particularly hot and humid days, consider taking a rest day or switching to an indoor workout. Remember, it's okay to take a break—your health and safety come first.



Exercising in the summer can be enjoyable and beneficial, but it requires extra precautions. By timing your workouts carefully, staying hydrated, dressing appropriately, and listening to your body, you can safely stay active even in the heat. Remember, the goal is to stay fit and healthy, not to push yourself to the point of danger. Stay safe, stay cool, and enjoy your summer workouts!

## Benefits of attending a Farmer's Market

Attending farmer's markets offers a variety of benefits that extend beyond simply purchasing fresh produce. These markets provide access to seasonal fruits and vegetables that are often picked at the peak of ripeness, resulting in better taste and higher nutritional value compared to store-bought options. Moreover, by buying directly from local farmers, you're supporting sustainable agricultural practices and helping to boost the local economy. Farmer's markets also foster a sense of community, offering a more personal shopping experience where you can connect with the growers, learn about how your food is produced, and discover unique, locally-made goods that you might not find elsewhere.



### Tips to Maximize the Benefits:

- **Arrive early** to get the best selection of fresh produce before popular items sell out.
- **Bring reusable bags** and small change for easier transactions and reduced waste.
- **Walk through the entire market** before making purchases to compare prices and explore all available options.
- **Engage with farmers** by asking questions for cooking tips, storage advice, and insights into how the food is grown.
- **Visit towards the end of the market day** for potential discounts on remaining items.
- **Be open to trying new things**; farmer's markets are great places to discover unique fruits, vegetables, and artisanal products.



# Looking For Some HOT STUFF



*"Our food should be our medicine and our medicine should be our food." Hippocrates*

**Spice does more than add a zesty pop to your meal, it can:**

- Help maintain a healthy weight.
- Boost heart health by breaking down fats.
- Support gut health by reducing inflammation and enhancing the "good" bacteria in the gut.

**Different spices deliver different benefits, here's a "taste:"**

- **Cayenne pepper:** Loaded with capsaicin, a substance that has many health benefits. It adds heat and health to dishes and helps to break down fats. Sprinkle it on avocado toast!
- **Ginger:** Filled with cancer-fighting antioxidants, ginger improves digestion and relieves nausea. Grate it into a stir fry, or steep it in hot water for tea!
- **Cinnamon:** Anti-viral, anti-bacterial, anti-fungal, and helps lower blood sugar. Sprinkle it on low-fat yogurt or oatmeal for breakfast!

Although many people enjoy the taste and benefits of spicy foods, there are some who may prefer to avoid them. People who suffer from inflammatory bowel disease, ulcerative colitis, or Crohn's Disease may find that the conditions are aggravated by spicy foods. Others may experience acid reflux or nausea after consuming hot and spicy dishes. Spice or no spice, a balanced diet that suits an individual's preferences and needs is always the goal. Adding fresh hot peppers or a sprinkle of chili powder to your food is a great idea, but not if it's on a giant pile of fries!

## SIMPLY A-MASON

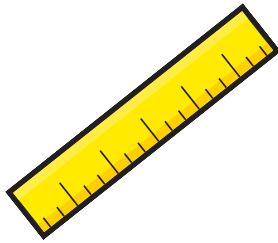
Rushed in the mornings? No time to pack lunch? Solution: Mason jars! In addition to providing convenience and portion control, these handy jars are eco-friendly...Hello reuse, good-bye plastic!

[Layer a salad for lunch! Try the "Lucky 7" method for freshness.](#)

1. **Dressing first.** Whether you make or buy it, put the dressing in at the bottom of the jar to prevent soginess. If buying, keep it low sugar and low sodium.
  2. **Add the hard veggies:** celery, carrots, beets, cabbage, fennel.
  3. **Beans and grains:** chick peas, black beans, barley, brown rice, or bulgur wheat.
  4. **Pick your protein:** low-fat cheese, chicken, tuna, tofu, hard-boiled eggs.
  5. **Select the softies:** add the delicate vegetables like tomatoes, avocados and cucumbers, or fruits like berries, melon, or peaches.
  6. **Go nuts!** Add almonds, peanuts, walnuts, sunflower, pumpkin, or chia seeds.
  7. **Top it with salad greens:** spring mix, arugula, or chopped romaine, bibb, or iceberg.
- When assembled, seal the jar and refrigerate. To serve, shake it up, or toss it in a bowl.



# Back to school



## PREPARING FOR TRANSITIONS

Transitions, such as starting a new school year, can be particularly challenging for children and adolescents, who may struggle with the uncertainty and disruption to their routine. As a caregiver, it's important to be empathetic and recognize the signs of stress and anxiety, which may manifest as changes in behavior, such as acting out or withdrawing. Encouraging open communication and allowing your child to express their feelings can help them process their emotions and feel more secure.

Supporting your child through transitions also involves empowering them with age-appropriate decision-making and setting clear expectations to provide structure. Helping them build resilience through positive thinking and coping strategies, such as stress-reduction techniques and reminding them of past successful transitions, can ease their adjustment. Throughout the process, showing compassion and patience, both for your child and yourself, is crucial as you navigate these changes together.



To read the full article  
[Click Here](#)

### Manager Podcast

#### Leaders supporting employees with children

Leaders who develop healthy, engaged employees are leaders who are aware of their needs beyond the workplace. Many employees have children and raising children can be both the greatest challenge and the deepest joy. Leaders who find ways to support parents in the workplace have teams who are grateful, motivated, and more engaged. As they always say, "An engaged workforce is key to a high performing team." In this podcast Laura and John discuss how supporting parents can enhance mental health and just may encourage the next generation of healthy.



To listen to the podcast

[Click Here!](#)

Most children and adolescents worry about what other people think of them, feel self-conscious about speaking or performing in front of others, and act shy from time to time. These feelings of social anxiety are a natural part of growing up.

## **Self-help strategies**

Self-help strategies can help relieve symptoms. These include:

- Offering tips to get through those feelings, such as taking a few deep breaths to reset or thinking about a similar experience they successfully navigated
- Teaching them to challenge negative thoughts, so they can reframe them into more manageable ones
- Sharing content — such as age-appropriate books, articles, movies, podcasts — with themes about being comfortable in one's own skin and living in the moment
- Building resilience through stress management and relaxation techniques, such as deep breathing exercises, physical activity and relaxing.

## **Social anxiety disorders**

But if your child or teen frequently struggles with social fears or actively avoids social interactions, there may be more going on.

Social anxiety disorder is one of the most common mental health conditions globally — affecting an estimated 4–5% of youth ages 10–19 and 5–10% of all people.<sup>1,2</sup> The exact cause is unknown, but likely involves a mix of genetics, personality, life experiences and learned behaviors.

Youth with social anxiety disorder often feel overwhelmed in everyday social situations — like meeting new people, eating lunch in public or speaking in a group.

## **Symptoms**

They may experience symptoms, such as:

- Fast heartbeat, rapid breathing, shaking, sweating
- Blushing or stuttering
- Nausea, diarrhea
- Difficulty concentrating
- Sleep problems
- Changes in appetite
- Irritability
- Persistent worrying or negative thoughts
- Restlessness

Social anxiety disorders can vary in severity. Some youth may feel anxious about certain events, but still participate, while others might avoid necessary or enjoyable activities, impacting their daily lives, personal relationships and academic or job performance.

In severe cases, social anxiety can lead to depression and substance use disorder.

## **When to seek help**

Self-help strategies can be beneficial and help relieve symptoms, but professional help may be advised if:

- Self-help methods are not helping
- Fears and worries are not improving or are worsening
- School performance or personal relationships are suffering

Social anxiety disorder is highly treatable. A medical or mental health professional can help your child learn how to manage it. Based on your child's unique needs, they may recommend:

- “Talk therapy” to help you identify and change unhelpful thinking patterns
- Medication management to help reduce symptoms



## Featured Recipe of the Month

### **CHICKEN SALAD SANDWICH**



#### Ingredients

- 3 cups old-fashioned rolled oats
- 1 ¼ cups low-fat milk
- ½ cup packed brown sugar
- ¼ cup unsweetened applesauce
- 2 large eggs, lightly beaten
- 1 tablespoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ½ cup finely shredded carrot
- ¼ cup raisins, chopped
- ¼ cup finely chopped walnuts

#### Directions

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.
2. Combine oats, milk, brown sugar, applesauce, eggs, cinnamon, baking powder, vanilla, nutmeg and salt in a large bowl. Fold in carrot, raisins and walnuts. Divide the batter between the prepared muffin cups, about 1/3 cup each. Bake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Run a knife around the edges of the cups to release the oatmeal cakes. Cool in the pan for 10 minutes

## Ingredients

- 1/2 cup mayonnaise
- 1/4 cup whole-milk plain strained (Greek-style) yogurt
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/4 cup finely chopped mixed fresh tender herbs (such as tarragon, dill and/or chives)
- 3 cups coarsely shredded cooked chicken breast
- 1/2 cup finely chopped celery
- 1/4 cup chopped shallot



#### Directions

1. Whisk together mayonnaise, yogurt, lemon juice, mustard, paprika, garlic powder, salt and pepper in a large bowl until smooth and well combined. Stir in herbs. Add chicken, celery and shallot; stir until evenly coated.
2. Assemble chicken salad on bread or enjoy it with some crackers. Put leftovers in the refrigerator.

## Sweet Treat of the Month

### **BREAKFAST CARROT-CAKE OATMEAL**



## It's Nearly FLU SHOT TIME!

Most of us are still enjoying the hazy, lazy, crazy days of summer, with cold and flu season far from our minds. But as fall approaches, people will spend more time indoors, and the risk of illness can increase.

The CDC recommends that everyone over the age of six months receive a flu vaccine this year. The vaccine is considered safe and effective, and is readily accessible in many workplaces, as well as pharmacies, health clinics, and primary care providers' offices. Different vaccines are approved for people of different ages, and medical professionals can determine the correct vaccine and dosage for individuals.

In very rare cases, some people should avoid the shot, including those younger than 6 months, and those with life threatening allergies to any ingredient in the vaccine, but these cases are extremely uncommon. Always speak to your primary care physician to determine what vaccines are important for your health.



## Health Tip of the Month

### **Balance your carbohydrates, fats, protein, etc. in each meal**

There are a lot of different diets out there, but the easiest thing you can do is just monitor how much of each thing you are putting in your body. Eating real, whole foods makes it easier to balance these items. Food tracker apps also help you see the composition of different foods as plan your meals.



## Quote of the Month

“Embrace the new month as a blank canvas, ready to be filled with beautiful moments, accomplishments, and joy.”

choose  
JOY



## Fitness Tip of the Month

### **Find a workout buddy**

Working out with a friend who's also into exercise can help keep you motivated on your weight loss journey.

