



THE HEALTHY Perspectives

"Your Source For A Happy and Healthy Lifestyle"



INSPIRE TO MOVE

JULY 2012

Aqua Action!

Who doesn't like to be in the water in the summer? Swimming laps is great exercise, but if going up and down lanes is getting you bored, consider trying some other water exercises.

Have fun splashing in the pool while burning calories. Water is one of the best fitness tools. It provides resistance, to strengthen muscles and boost cardio intensity. Exercise can be safer and more comfortable in the water because your weight is partially supported, and your movements are slowed down. One of the easiest and most effective pool work-outs is water jogging.

*"H₂O: two parts Heart and one part Obsession."
- Author Unknown*

Water jogging burns 17 calories per minute. That's more than on land, plus it feels almost effortless in the water. Waist high water is the perfect depth to water jog.

The ocean can provide hours of exercise and enjoyment whether you are surfing, diving under waves or just trying to keep your balance in the breaking surf.

So whether you walk the beach, ride the waves, or practice water aerobics at your community pool, summer is the best time to get wet and wild while having fun and getting fit.



To watch a video for safe swimming



Click on the arrow for a slideshow of aquatic exercises

NOURISHING YOU

Summer Foods That Don't Sabotage

When the weather is hot, it's time for bathing suits and shorts. Better food choices can lead to more comfortable summer clothes. Produce is at its peak in summer and delicious local fruits and vegetables abound at farmers markets and in your grocery store. Load up on fresh berries, melons, tomatoes, cucumbers, and green beans.

AVOID THE BEACH SNACK SHACKS BY PACKING A COOLER WITH SUMMER FOOD FARE LIKE:

SALADS – Assorted greens, chopped veggies, beans, cheeses, toasted nuts and light vinaigrette dressing.

GAZPACHO – A tomato-based vegetable soup, traditionally served chilled.

WATERMELON – A thirst quenching superfood that is bursting with antioxidants.

VEGETABLE KEBABS – Grill grape tomatoes, zucchini, and peppers. Use leftovers to add to sandwiches and pastas.

SMOOTHIES – Add in-season fruit and berries with yogurt for a creamy snack or a quick breakfast.

Plan ahead and pack healthy snacks and lunches for work or play, to eat healthy all day. Visit localharvest.org to find locally grown produce near you!

*"When one has tasted watermelon
he knows what the angels eat." – Mark Twain*



Summer Smoothie

- 1 Cup frozen strawberries
- 1 banana
- 1/2 Cup blueberries

- 2/3 Cups low-sugar cranberry juice
- 2 Tbsp peanut butter

Add ingredients to a blender. Adjust liquid for preferred consistency and blend until smooth.

Are you
hungry?

Are you
thirsty?

Hungry or Thirsty?

Hunger and thirst signals are controlled in the same part of your brain. This means that sometimes when you think you are hungry, you're really just thirsty! These mixed brain signals come from the hypothalamus, and a grumbling, noisy belly may actually mean you need to drink some water.

The next time you feel hunger pangs, drink an 8 oz. glass of water. It can take up to 15 minutes for your brain to send a signal to your nervous system letting you know that your body was just thirsty. If after that time you still feel hungry, then eat. This method will help you better determine the difference between hunger and thirst.



HEALTH HARMONY



Wear Your Shades

Sunglasses are more than just a fashion statement. They also protect your eyes from serious sun damage. Wearing a hat and sunglasses can absorb harmful UV (ultraviolet radiation) rays. These rays can burn the sensitive cornea. The UV rays can also cause cataract development, which can lead to blindness, unless surgically removed. During the summer, midday has the greatest risk for sun exposure.

WHEN BUYING SUNGLASSES:

- Pricier glasses aren't more effective. Look for the important label that says protection from or blocks 98 percent of UVA and UVB rays.
- Choose wide lenses that fit as close to the face as possible.
- If you enjoy water sports or are especially sensitive to glare, buy polarized lenses. The filters in polarized lenses can reduce glare and its resulting eyestrain.

Whether it's a bright summer day at the beach or a cold snowy day in winter, protect your eyes from damaging UV rays.

Prevent Injuries From Fireworks

- ✓ Wear protective eyewear if handling fireworks.
- ✓ Store fireworks and matches away from children.
- ✓ Don't allow kids to handle or get close to fireworks or sparklers.
- ✓ Skip the sparklers, as they are the number one cause of firework related emergency room visits.



Summer Headache Relief

Headaches increase as the temperature goes up. Lower your risk from heat headaches this summer so you're free to enjoy the beach.

PREVENT A HEADACHE

- Avoid over exposure to the sun. Drink extra water, wear a wide brimmed hat and light colored clothing.
- Reduce stress to prevent tension headaches. Exercise is a natural stress buster that releases endorphins, which act as painkillers.
- Replacing air conditioning filters can help avoid sinus headaches, if you're prone to allergies.
- Avoid foods that trigger headaches such as artificially sweetened diet soda, nitrates in hot dogs, MSG in barbeque sauce, and reduce alcohol intake.

TREAT A HEADACHE

- Over the counter (OTC) pain meds like aspirin, acetaminophen or ibuprofen.
- Lay a damp cloth over your eyes and forehead.
- Ice packs offer some relief from migraine headaches, which constrict the blood vessels around your brain.

This summer stay feeling great, stay hydrated with plenty of water, keep active to reduce stress and grill fresh meats instead of smoked or cured foods that can hit you with a headache a few hours later.

*"Every head has it's own headache."
- Arab Proverb*

GOOD DECISION\$

Pitch A Tent

Camping is an economical way to travel and have fun in the outdoors. It can also be a healthier way to vacation.

- Fresh food is cooked and enjoyed at the campsite rather than eating out. Pack snacks in a cooler including sliced fruit and veggies. Grill chicken kebobs instead of hot dogs. Enjoy fiber rich beans, baked in the fire or roast fresh fish from the days catch.
- Hike or bike trails rather than lounging all day. Wear sturdy shoes for walking and helmets for biking. Enjoy the water for swimming. Stay with others, and never go swimming or walking alone in the woods.
- Observe any wild animals from a distance. Enjoy watching them in their natural surroundings without touching, feeding or getting near them.
- Prepare and pack the essentials like matches, insect repellent, hat and sunglasses, first aid kit, compass or GPS, flashlights, extra batteries, healthy snacks, plenty of fresh water, and extra blankets for cool nights.

Camping can be a pleasurable way to bring together friends and family, relax, renew and enjoy. Keep it safe, healthy and fun.

CLICK HERE for a Camping Health and Safety Tips and Packing Checklist.



*"Adopt the pace of nature:
her secret is patience."
– Ralph Waldo Emerson*



Live Healthy!

LIVE HEALTHY!

Beginning on July 1st you have a new resource to help you make positive lifestyle changes with expert support, resources and information. **ComPsych® HealthyGuidance®** offers the tools and support you and your dependents need to make smarter decisions about your health. It's completely confidential and available 24/7. Check it out today and **Live Healthy!**

www.GuidanceResources.com Our company Web ID is ASEAP

Or call: 800-311-4327

TDD: 800-697-0353



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