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Remember, Summer not only means more sun it means more insects too! To reduce the likelihood of being stung:



Avoid wearing flowered, or even bright, clothes.

Don't wear scented lotions or perfumes.

Control odors at picnics, especially around the garbage areas; double up on plastic bags.

Check before drinking from cups, bottles and cans. Stinging insects are attracted to sweet drinks.

Even doing all of the above may not make you invisible to bees, wasps, hornets and yellow jackets, whose stings occur frequently during the warmer months. So be careful and be prepared.



# The Wellness Connection

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## Secrets to Staying Fit on the Road

Summer is here and that means many families are planning for vacation. Here are some tips to staying fit while traveling for vacation or even for business.

### 1. Don't Be Rigid When it Comes to Your Fitness Routine

If you miss your "scheduled" workout a short exercise routine is better than nothing. Consider doing sit ups in your room, or walking up and down the stairs in the hotel a few times. Even a few minutes of activity can make a difference.

### 2. Include Workouts in Your Travel Itinerary

As summer begins, grass pollens are active and weed pollen will take over and cause allergy symptoms as fall begins. This type of pollen may prevent you from enjoying outdoors activities, if you have airborne allergies, and activities may need to be scheduled later in the day, when pollen levels are lower.



Exercising on the road is just like working out at home -- it requires planning and commitment. If you don't plan to exercise on a regular basis, it's not going to happen.

### 3. Pack Healthy Snacks

When you make a list of things to take while you travel, make sure to include granola bars, apples or better yet, make your own trail mix that you can enjoy on the plane or in your hotel room. Always carry water. Traveling dehydrates the body. Water satisfies hunger and helps you stay alert.

### 4. Try Not to Lose Ground

If you know that you are going to eat more when you travel, make sure that you institute some type of daily

balance. You will need to increase your physical activity to burn the extra calories. While it may not be realistic to think that you will lose weight while traveling, you will feel better if you maintain some healthy habits.

### 5. Don't forget your tennis shoes!

When you travel for business, you would never think of leaving your laptop or cell phone behind. The same should hold true for your tennis shoes and workout gear. Just as your computer provides the tools you need for your work, your tennis shoes offer a wealth of exercise possibilities.



Information courtesy of Prevention.com

## Summer Allergies

We are all on the go and there are a few things to keep in mind to prevent outdoor allergies during peak season, when the pollen count is high.

- First, start by checking the allergy forecast in your area.
- Stay inside during peak pollen times, usually between 10:00 a.m. and 4:00 p.m.

- Keep your car windows closed when traveling
- Stay indoors when humidity is high and on days with high wind, when dust and pollen are more likely to be in the air
- Wear a facemask if you are outside to limit the amount of pollen you inhale
- Shower after spending time outside to wash away pollen that collects on your skin and hair



Don't forget that your eyes need protection from the sun's ultraviolet rays too. Always wear sunglasses in the bright sun, and make sure they have a label saying that they block UV rays.

Staying well-hydrated is essential to maintaining adequate blood volume, energy levels and body functions. Most people should consume at least eight to twelve cups per day. However, the exact amount depends on your activity level. If you're working or playing outside, your hydration needs are higher. In addition, if you have more muscle than fat, you also need more liquid. And of course, with hot, humid days the need goes up.



Make sure to stay hydrated by drinking water, juices, and eating lots of fruits and vegetables.

# Sun Safety Facts

Everyone enjoys a summer in the sun, but some people don't realize the potential dangers. Read on to learn the facts about protecting yourself and your family against the potentially damaging rays of the sun.

1. If you've been in the sun or water, you should reapply waterproof sunscreen every two hours

2. Surfaces such as sand or water reflect up to 85 percent of the sun's damaging rays.

3. After applying sunscreen, you should give it 20 to 30 minutes to dry before going outside.

4. Tightly woven clothing in dark colors provides the best protection from the sun.

5. The American Medical Association (AMA) recommends that you begin applying sunscreen to your baby when he's 6 months old.

6. The sun is strongest -- and most dangerous -- between 10:00 a.m. and 4:00 p.m.

7. Clouds and pollution often give a false sense of protection.

8. A sunscreen's Sun Protection Factor (SPF) number refers to the factor by which it enhances a person's natural sun protection.



Information courtesy of Parents.com

## Have Fun --But Be Safe --This Summer

If summer beckons you outside to play, take precautions to lower your chance of getting hurt during your pursuit of recreation. There are several ways to avoid injury while still having fun.

**Get in good physical condition.** Train properly with strengthening, endurance and stretching exercises before tackling a sport. Don't forget to warm up your muscles and

stretch immediately before playing. Know the rules and follow them.

Many regulations are designed to keep the sport safe for you and others.

**Have the right equipment.** Never play without the proper (and proper-fitting) protective gear for your sport. This could



save bumps, bruises, eyes, teeth and maybe even your life.

**Rest.** Especially when tired or in pain. The body needs time to recover between training and playing sessions to prevent injuries from overuse or fatigue. Proper rest can help make you strong, and it is essential when you feel pain.

Information courtesy of MSN.com

## Healthy Summer Eating Hints

Summer is here and that means the kids are home from school. Instead of grazing all day, encourage your kids to stay on a meal schedule.

Help them plan smart snacks, such as:

- Raw vegetables with low-fat dip
- Fresh fruit
- Homemade popsicles made from 100-percent fruit juice
- Pudding made with low-fat milk.

As with other food choices, snack with variety, balance and moderation in mind. Smart snacking can make between-meal eating a valuable part of a healthful eating style for the whole family.

