

Stay Cool When Exercising in the Summer Heat

Beat the heat with cool exercise tips.

It's time to take your winter treadmill routine outdoors to the parks. The days are long and warm. The trails radiate heat. Summer is here and you're prepared to sweat! But before you lace up your running shoes, read these eight tips to help keep you cool.

Safety tips

Heat-related illness is serious. But that doesn't mean you're doomed to a summer spent exercising in the air-conditioned gym. Try these safety tips before you step foot out in the sun:

- 1 Exercise in the early morning or late evening hours.** The temperature is the coolest at this time. Avoid exercising midday because it's the hottest part of the day.
- 2 Drink up!** Do not wait until you are thirsty to start hydrating. Make sure to drink adequate amounts of fluids. If you are exercising for an extended period of time, you may need to replace the salt and minerals lost through sweat. If you are on diuretics (water pills) or a low-salt or fluid-restricted diet, talk to your doctor first about your specific fluid needs.
- 3 Wear lightweight, loose-fitting clothing.** Consider dressing in clothes made with moisture-wicking fabric.
- 4 Protect yourself from the sun.** Wear a hat, sunglasses and sunscreen with an SPF 15 or higher. Try to exercise in the shade. Play tennis on a court shaded by the trees or take a walk in a wooded park.
- 5 Rest early and often.** Take breaks in shady areas.

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Little ones at play – brains at work

Infants and toddlers need love and attention to thrive. They also need play — time to explore and discover.

In fact, it's just what the doctor ordered. The American Academy of Pediatrics encourages parents to let little ones play on their own — in a safe setting, of course.

The power of free play

Playtime with others is great fun. But, children can learn a lot from short periods of playing alone, as well.

Think of it as boosting their brainpower. Play sparks imagination, builds reasoning skills, and teaches children how to entertain and soothe themselves.

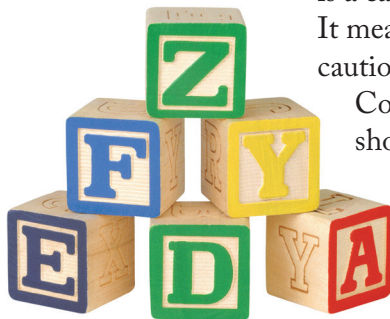
So, the next time you're making dinner or folding laundry, resist the impulse to turn on the TV or a DVD to occupy your child.* Instead, while keeping your little one in sight, let him or her play with:

- Plastic bowls and lids
- Cause-and-effect toys — push the button, and a bird pops out, for example
- Balls and blocks
- Stacking cups or nesting toys
- Pretend foods, play dishes and baby dolls

Make sure playthings are safe and age-appropriate. For example, check for small parts that could be a choking hazard. And, if needed, use a portable play yard or safety gates to keep your child in a secure area.

*The American Academy of Pediatrics discourages media use — TV, computer, video games, movies, etc. — for children younger than 2 years.

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- 6 Gradually get used to the heat.** It takes 7 to 10 days for your body to adapt to the change in temperature. Start by exercising for short time, at a low intensity. Save long, hard workouts until after you're acclimated to the summer air.
- 7 Mind the weather.** Do not exercise on the hottest days. Keep an eye on the heat index. The heat index is a calculation of the temperature and humidity. It measures “how hot it really feels” outside. Be cautious when the heat index gets above 80 degrees. Consider working out indoors. Walk around a shopping mall or do a workout DVD in your air-conditioned home.
- 8 Stop if you don't feel well.** If you have any of the warning signs of heat-related illness, stop your workout right away.

Immunizations: Not just for your kids

You may think of kids when you think of immunizations. But, vaccines are important throughout your life. For example, adults need a tetanus and diphtheria booster shot every 10 years.

Check your records for the last time you had this shot. And, review your health history with your doctor to determine what other vaccines may be right for you. To learn more, visit

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Healthy Recipe

Grilled Corn Confetti Slaw



Ingredients:

6 ears of corn
1 red pepper
2 jalapeño peppers
Cooking spray
1 teaspoon olive oil
1 bunch green onions, chopped
1 tablespoon fresh lime juice
1 tablespoon fresh thyme,
chopped basil or cilantro
(choose the fresh herb based
on how you are going to serve
the slaw/salsa)
Kosher salt and pepper to taste

Directions:

Prepare grill. Shuck, wash and dry corn and coat with cooking spray. Wash peppers, slice into quarters and coat with cooking spray. Place corn and peppers on the grill for about 10 to 15 minutes, turning frequently, until corn is lightly browned.

Cut kernels off corncobs. Chop peppers to a size similar to corn kernels. Combine corn, peppers and remaining ingredients. Season with salt and pepper to taste. Toss well. Chill for 1 to 2 hours.

Serve chilled or at room temperature. Serve grilled corn confetti slaw on top of grilled fish, in soft meat tacos, as a colorful side dish or as a dip with baked pita chips.

Nutrition information:

Makes 8 servings.

Amount per serving:

107 calories
11% calories from fat
1g fat
0g saturated fat
0mg cholesterol
297mg sodium
24g carbohydrates
3g dietary fiber
3g protein

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myNurseLineSM	866-696-5846
Disease Management Programs	877-246-4189
Wellness Coaches	800-478-1057
www.liveandworkwell.com	An informative Web site with a behavioral health clinician directory, comprehensive health articles, tools and more
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