



WELLNEWS

JULY 2012

Heat and Exercise: Keeping Cool in Hot Weather

Whether you're running, playing a pickup game of basketball or going for a power walk, take care when the temperatures rise. If you exercise outdoors in hot weather, use these common-sense precautions to prevent heat-related illnesses.

Pay attention to warning signs

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms include:

- Muscle cramps
- Nausea or vomiting
- Weakness
- Headache
- Dizziness
- Confusion

If you develop any of these symptoms, you must lower your body temperature and get hydrated. Stop exercising immediately and get out of the heat. If possible, have someone stay with you who can help monitor your condition. Remove extra clothing or sports equipment. Drink fluids — water or a sports drink. If possible, fan your body or wet down your body with cool water. If you don't feel better within 30 minutes, contact your doctor. If you have signs of heatstroke, seek immediate medical help.

Once you've had heatstroke, you're at a higher risk of getting a heat illness again. Get cleared by your doctor before you return to exercise if you've had heatstroke.



How to avoid heat-related illnesses

Watch the temperature. Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned outdoor activity.

Get acclimated. If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat. As your body adapts to the heat over the course of one to two weeks, gradually increase the length and intensity of your workouts.

Know your fitness level. If you're unfit or new to exercise, be extra cautious when working out in the heat. Your body may have a lower tolerance to the heat. Reduce your exercise intensity and take frequent breaks.

Drink plenty of fluids. Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well hydrated with water. Don't wait until you're thirsty to drink. If you plan to exercise intensely or for longer than

one hour, consider a sports drink instead of water. Sports drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid alcoholic drinks because they can actually promote fluid loss.

Dress appropriately. Lightweight, loose fitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colors, which can absorb heat. If possible, wear a light-colored, wide-brimmed hat.

Avoid midday sun. Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas — or do a water workout in a pool.

Wear sunscreen. A sunburn decreases your body's ability to cool itself.

Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

Understand your medical risks. Certain medical conditions or medications can increase your risk of a heat-related illness. If you plan to exercise in the heat, talk to your doctor about precautions.

Source: www.mayoclinic.com

www.affinityhealth.org



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Make Room for Veggies on the Grill

Caramelizing flames and a touch of smoke do wonders for vegetables.

Best for the Grill

A lot of veggies do well on the grill, but some *really* stand out - asparagus, corn, eggplant, mushrooms, peppers (bell or hot), onions, even cabbage.



Marinated Vegetables

Most vegetables cook better and are less likely to stick if marinated first or brushed lightly with cooking oil. For added flavor, sprinkle grilled vegetables with fresh herbs.

Grilled Tomatoes and Mushrooms

Corn's frequent companion, the tomato, might not seem well-suited for grilling, but it works surprisingly well. Grilling also brings out the best in most mushrooms, especially portobellos.

Depending on what you're grilling, you might want to cut larger veggies (like eggplants, squash, and onions) into smaller pieces.

Small vegetables like cherry tomatoes or sliced veggies work best threaded through kabobs. You can also wrap vegetables in heavy duty foil, though cooking in foil cuts back on that appealing smoky flavor.

Grilling Tips

Rinse, trim, and cut up vegetables. If advised, precook vegetables. In a saucepan, bring a small amount of water to boiling. Add vegetables and simmer, covered. Drain well. Generously brush vegetables with olive oil, margarine, or butter before grilling to prevent them from sticking to the grill rack. Grill over medium or medium-hot coals.

Grilling times vary from veggie to veggie, but they're generally more delicate than meats. So keep a close eye on your vegetables. To grill, place vegetables on a piece of heavy foil or on the grill rack directly over the preheated coals. If putting them directly on the grill rack, lay them perpendicular to the wires of the rack so they won't fall into the grill. Grill, uncovered until tender, turning occasionally. Watch closely to prevent charring. Enjoy!

Source: www.allrecipes.com

Source: www.bhg.com

Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at:

<http://search.active.com/?tab=events>



Chicken & Blueberry Pasta Salad



6 servings, about 1 1/2 cups each

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 1 pound boneless, skinless chicken breast, trimmed of fat
- 8 ounces whole-wheat fusilli or radiatore
- 3 tablespoons extra-virgin olive oil
- 1 large shallot, thinly sliced
- 1/3 cup reduced-sodium chicken broth
- 1/3 cup crumbled feta cheese
- 3 tablespoons lime juice
- 1 cup fresh blueberries
- 1 tablespoon chopped fresh thyme
- 1 teaspoon freshly grated lime zest
- 1/4 teaspoon salt

Preparation

1. Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.
2. Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl.
3. Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.
4. Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined.

Nutrition (Per serving):

315 calories; 11 g fat (3 g sat , 6 g mono); 49 mg cholesterol; 33 g carbohydrates; 0 g added sugars; 23 g protein; 5 g fiber; 238 mg sodium; 207 mg potassium.

Source: www.eatingwell.com