

Let's Get Physical!

Want to feel better, have more energy and even add years to your life? Exercise is one of the most important parts of keeping your body and mind healthy. Exercise helps people lose weight and lower the risk of some diseases. Regular physical activities and exercise help to:

- Reduce your risk of a heart attack
- Manage your weight better
- Lower blood cholesterol level
- Lower the risk of Type 2 diabetes and metabolic syndrome
- Lower blood pressure
- Strengthen bones, muscles and joints
- Lower the risk of osteoporosis

A Healthier State of Mind

A number of studies show that exercise helps depression. Exercise may block negative thoughts or distract people from daily worries. Exercising with others provides an opportunity for increased social contact. Increased fitness may lift your mood and improve sleep patterns. Exercise may also change levels of chemicals in your brain such as serotonin, endorphins and stress hormones.

Control Your Weight

Both diet and physical activity play a critical role in controlling your weight. You lose weight when the calories you burn are less than the calories you take in. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to achieve a weight loss goal or maintain a healthy weight.

Reduce Your Risk

Heart disease and stroke are two of the leading causes of death in the United States. Following the Guidelines and getting at least 2 hours and 30 minutes of moderate-intensity aerobic activity can put you at a lower risk for diseases.

See your healthcare provider before starting a new physical activity program. Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It is a filter or 'safety net' to help decide if the potential benefits of exercise outweigh the risks for you. To schedule a screening, call Service Coordination today at (888) 977-3319.

Starting a new exercise program?

For assistance scheduling a pre-exercise screening, call Service Coordination today!

(888) 977-3319

For the full article, visit:
<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>



SAFETY TIPS

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Understanding Heat-Related Illness

Heat-related illness, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. As the body temperature increases, the body tries to maintain its normal temperature by transferring heat. Sweating and blood flow to the skin helps us keep our bodies cool. A heat-related illness occurs when our bodies can no longer transfer enough heat to keep cool. This rise in temperature can cause damage to the brain and other vital organs and several heat-related illnesses. Those most at risk include:

- Infants and young children
- Elderly people
- People who are overweight or obese
- Individuals with heart or circulatory problems or other long-term illness
- Individuals already suffering from fever or dehydration
- Individuals taking medications that alter sweat production

Heat exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible. Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature. Uncontrolled heat exhaustion can evolve into heatstroke.

Heatstroke

Heatstroke occurs when the body becomes unable to control its temperature. The body's temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal and those who do survive may have permanent damage to their organs. Someone experiencing heatstroke will have extremely hot skin and an altered mental state ranging from slight confusion to coma. Seizures also can result.

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off according to the CDC.

- Drink more liquid than you think you need and avoid alcohol.
- Wear loose, lightweight clothing and a hat.
- Replace salt lost from sweating by drinking fruit juice or sports drinks.
- Avoid spending time outdoors during the hottest part of the day (11 am to 3 pm).
- Wear sunscreen — sunburn affects the body's ability to cool itself.
- Pace yourself when you run or otherwise exert your body.

To schedule a safety talk, call Service Coordination today!

(888) 977-3319

For full article, visit <https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>

**SAFETY
FIRST!**



Recipe

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Guacamole Deviled Eggs

Ingredients (9 servings)

- 9 large eggs
- 1 medium avocado (halved, pitted)
- 2 Tbsp fat-free sour cream
- 1 1/2 tsp lime juice
- 1/3 cup seeded and finely chopped Roma tomato (1 to 2 Roma tomatoes)
- 1/4 cup finely chopped scallions
- 1/4 tsp salt
- 1/8 tsp ground black pepper
- 1 to 2 tsp finely chopped jalapeno (optional)
- Dried or fresh cilantro, to garnish

Directions

1. Hard-boiled eggs: Fill a large pot with water, add all the eggs and bring eggs to a boil over high heat. As soon as the water begins to boil, cover with a lid, remove pot from the heat and let eggs sit for 10 minutes. Drain water and transfer eggs to a bowl of cold water to cool.
2. When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise and remove the yolks. Place only 2 whole egg yolks into a medium bowl. Use remaining 7 egg yolks for other purposes. Place the egg white halves onto a platter.
3. Slice the avocado in half and remove the pit. Scoop the avocado's flesh into a bowl. Mash the egg yolks and the avocado together with a fork. Stir in the sour cream and lime juice.
4. Remove the seeds from the tomatoes with a spoon and discard. Finely chop the tomato and the scallions and add to the mashed avocado.
5. Add salt, pepper and optional jalapeno.
6. Spoon the guacamole into each egg white half, dividing the mixture between all 18 halves.
7. Garnish with a sprinkle of dried or fresh chopped cilantro, if desired. Serve.

NUTRITION FACTS

Calories 71
Total Fat 4.4g
Cholesterol 41.9mg
Sodium 129mg
Total Carbohydrates 3.3g
Protein 4.9g

For full recipe and nutritional facts, visit:
<https://recipes.heart.org/recipes/2011/guacamole-deviled-eggs>

