

WELLNESS NEWSLETTER

TIPS ON SUN SAFETY



Avoid peak hours from 10am-4pm when UV rays are at their strongest.

Wear SPF sunscreen 15 or above.

Reapply every two hours.

Make sure the sunscreen is not expired.

Find shade: bring a tent or umbrella to the beach, lake, or park

Wear long light fitting clothing, a hat, and sunglasses

Stay hydrated by drinking water and avoiding caffeinated beverages.



HEALTH BENEFITS OF THE OUTDOORS

Summer is here and it is time to enjoy time outside!

For children and teens, time outside has so many health benefits:

Spending time out in the fresh air is a great way of clearing the head, offering time to relax, reflect, and give our brains a break. Children need this as much as anyone. Time away from school, work, homework, busy schedules, electronics, and demanding routines. Time to have fun just playing and doing whatever the mood takes, enjoying life in the outdoors and doing something that makes them feel happy.

It is a time to practice sports and/or any physical activity. Sport participation and physical activity may lower anxiety. Studies reveal a link between participation in outdoor sports and activities, and significant improvements in mental, psychological, and emotional wellbeing in children.

It helps kids get vitamin D! Often during the cold winter months, children suffer from a lack of direct natural sunlight. The sunlight is the best natural source for our bodies to produce Vitamin D, which releases serotonin (which helps regulate emotion and mood and is linked to happiness) in the brain. Children need healthy levels of Vitamin D and serotonin for their mental health and development. Make sure to get outside this summer!

The outdoors also relieves stress and anxiety. Time spent playing outdoors is thought to help relieve stress and anxiety for children by reducing levels of the hormone, cortisol, in the brain. A recent study in the UK found that even just five minutes of exercise in a natural outdoor environment can rapidly improve self-esteem and mental health and wellbeing in young people.

What outside adventures will your children enjoy today?

Source: Harvard Medical School



WATER SAFETY

The summer is such a wonderful season filled with endless fun, great weather and of course... ice cream! The summertime for many of us is spent in local swimming pools or at the beach. It is important to remember that although swimming is a joyous activity, it can also be dangerous.



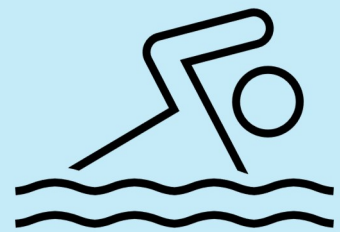
Even the best swimmers can find themselves in a water related tragedy. Here are some tips to be mindful of when you, your family or friends are in the water.

- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.

Be mindful of rip currents. Watch this video to learn more:

<https://www.weather.gov/safety/ripcurrent-webinar>

- Stay informed. Review the local forecast for chances of thunder or rough waves.
- Avoid alcoholic beverages when swimming.



COVID-19 UPDATES

Guidelines related to COVID-19 have been changing as cases in our state continue to decrease. However, this does not mean that the pandemic is past us. You can do your part by continuing to wash your hands often, staying away from people who are sick, staying home if you are sick yourself, and staying up on the latest information. Check out <https://covid19.nj.gov/> for the most updated information in New Jersey. You can also find information on testing, vaccination, and employment.

SUMMER SALSA RECIPE

Cinnamon Sugar Pita Chips:

1. Cut 4 large pitas into eighths (or smaller triangles).
2. Spray each side of pita with coconut oil cooking spray.
3. Dip both sides of pita into sugar and cinnamon mixture. (1/4 cup sugar and 1 teaspoon cinnamon)
4. Put on baking sheet and bake at 400F for 8-10 minutes.

Fruit Salad:

1. Peel and dice 2 **peaches**.
2. Cut core out, peel, and dice 1 **mango**.
3. Peel and dice 4 **kiwis**.
4. Hull and dice 16oz of **strawberries**.
5. Add 2 tablespoons of **honey**.
6. Add 2 teaspoons of **lemon**.
7. Add two tablespoons of chopped basil.
8. Put all ingredients in a bowl and mix.

