

SUMMER WELLNESS NEWSLETTER

ISSUE

3

AUGUST
2020

Strategies for Staying Motivated to Keep Moving

- Start by determining your fitness goal. Then write it down and display it in a visible place in your home (e.g. in your planner, a sticky note on the bathroom mirror)
- Set aside a period of time to exercise daily. If it's not in your schedule, chances are it won't happen!
- Find a like-minded accountability partner and encourage each other to stick to your plans and goals
- Switch it up. Add variety to the exercises you perform to prevent boredom and burnout



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Five Elements to Add to Your At-Home Workout

Challenging times call for creative ways to stay physically active. Many of you may be wondering how you can keep moving while spending an increasing amount of time at home. We are here to share some tips for developing an effective at-home fitness program. To start, let's walk through the five necessary components that every program should have.

- Warmup
 - Cardiovascular (aerobic) workout
 - Resistance (strength-building) exercises
 - Cooldown
 - Flexibility moves (stretching)

A warm-up could be as simple as an easy walk outside, marching in place, or moving at a light pace on any cardiovascular equipment you have at home (e.g. treadmill, bicycle).

Cardiovascular Portion: Up the intensity. Walk or pedal faster, do step aerobics, high-knees, jumping jacks, or jump rope -- whatever you enjoy that gets your heart rate up.

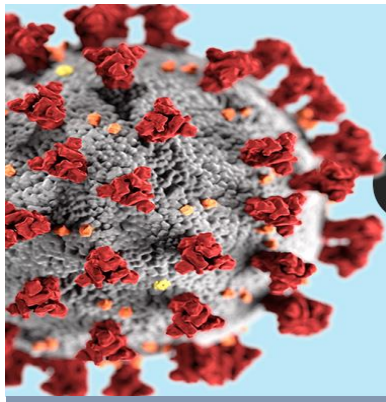
Your resistance portion can include body-weight exercises such as squats, push-ups and abdominal crunches. Or, you can use dumbbells, a barbell, or resistance bands.

A cooldown should be similar to your warm up. Never abruptly stop a routine without first cooling down. Skipping your cooldown will increase the build up of lactic acid in your muscles. Lactic acid build up will increase the muscle soreness that you experience post-workout. Save yourself the pain and cooldown!

Increase your flexibility with floor stretches, yoga poses, or foam rolling. It is important to stretch at the end of your workout to avoid incurring injuries.

If you are not the create-your-own workout type, there are fitness videos galore – you can find everything from kickboxing to dancing to pilates to athletic drills. You can find resources at your local bookstore, routines in fitness magazines, or programs online for free on YouTube.

Disclaimer: Please consult with a physician before beginning any exercise regimen.



COVID-19

CORONAVIRUS PANDEMIC

10 Self Care Tips

1. Get 8 hrs of sleep
2. Exercise daily
3. Eat well
4. Recognize when you need a break
5. Schedule time for personal time
6. Get outside daily
7. Schedule weekly calls with friends
8. Take a break from technology
9. Laugh
10. Try something new

Protecting yourself during COVID-19:

- Avoid large gatherings
- Reduce the amount of interactions you have with others (especially newer interactions)
- Avoid indoor activities using recirculating air or that have limited ventilation
- Exercise social distancing protocols (6ft) while waiting in shopping lines, picking up items, and communicating with others
- Wear a mask that covers the mouth and nose
- Wash hands with soap and warm water frequently, for more than 20 seconds
- Use hand sanitizer with at least 60% alcohol
- Disinfect or clean high traffic areas or surfaces
- Washing hands after touching items others may have touched: grocery carts, mailboxes, packages, grocery bags, doorknobs, handles, etc.
- Avoid sharing food, utensils, cups, and plates
- Avoid touching the eyes, mouth, and nose to avoid contracting any virus droplets
- Limit contact with those who appear sick
- Wear a mask when social distancing is not maintainable

SUMMER RECIPE: LAVA OVERFLOW POPSICLES!

Pineapple Layer Blend:

- 1 ½ Cups Cubed Pineapple
- 1 Cup Diced Mango
- ½-¾ Cup Coconut Water

Strawberry Layer Blend:

- 2 ½ Cups Strawberries
- ¼ Cup Orange Juice
- 1 Tablespoon Agave or Honey

Directions:

Blend layers separately. Swirl layers into popsicle mold. Freeze for 3 hours, and enjoy!



Sun Safety Tips

Sun protection is important to remember in the summer months. Just a few serious sunburns can increase your child's risk of developing skin cancer later in life.

Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Here are a few tips for safely enjoying the sunshine:

•Find shade when you can: Avoid midday sun, when rays tend to be the strongest, or opt to use an umbrella, tent, or other sun shade.

•Cover exposed skin: Use long sleeves, and consider adding a protective hat and sunglasses. Look for glasses that block 100% UVA and UVB rays. Make sure that any exposed areas are covered in sunscreen.

•Apply sunscreen: Use at least SPF 15 sunscreen and UVA and UVB (broad spectrum) protection every time your child goes outside. Apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet. Reapply every two hours and after swimming, sweating, or toweling off.

•Keep in mind: The weather does not have to be sunny to cause sunburn! Make sure to provide sun safety whenever you child is outside, not just sunny beach days.