



Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services."

Stay Healthy on Vacation

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Special points of interest:

*** Challenge Option 1:**

Grab a friend and complete 30 Days of Walking challenge

Optional Modification:

Split walking distance in half

*** Challenge Option 2:**

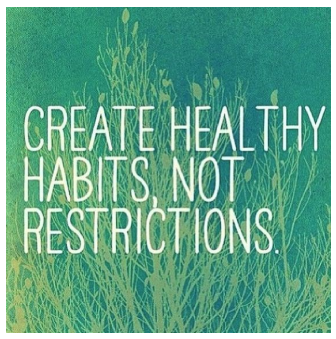
Choose 3 different Self Care Practices and complete each week

June is a great time for planning summer vacations. It's important that you shouldn't derail your healthy habits. Entering your getaway with some ideas about how to eat healthy while still enjoying yourself (and indulging a little) will help keep you on track. Here's how to eat healthy while you're away without feeling restrained.

1. Breakfast in bed. Shop for local ingredients to make your own breakfast in a hotel room equipped with a kitchen. That DIY breakfast will not only save time in the morning, but you'll also save on calories better spent for splurging at must-visit restaurants.
2. Pack your walking shoes. It burns calories, saves you money and improves your mood. It's also a great

- way to soak in your surroundings . Walking is the best way to combine sightseeing and staying healthy. Not only will you save on cab and bus fare, you'll burn more calories.
3. Rent a bike. More and more cities, here and abroad, are offering great deals on bike rentals by the day or even by the hour. It's a fun way for tourists to see some of the sights while squeezing in a good aerobic exercise.
 4. Take healthy snacks with you and keep them nearby so you don't give in to your mid-meal hunger with empty calories that can be saved for something a little more extravagant for dinner or dessert.
 5. Share your meals. Going on vacation can

mean dining in restaurants frequently. It's part of the experience and the fun. Rather than limiting yourself on salads for meals, plan to share your meals with someone whom you're vacationing with.



Stay Safe and Healthy This Summer

The temperatures are rising and the days are getting longer. It's summertime once again. Here are some tips to help make your summer the best, and healthiest, one yet.

Grill and Chill: Whether you prefer burgers off the grill or a picnic in the park, one thing you don't want on the menu is foodborne illness. Take these steps to help keep germs at bay.

- ◆ Wash your hands before and after handling food
- ◆ When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.
- ◆ When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- ◆ Use a meat thermometer to ensure that food reaches a safe internal temperature .
- ◆ Never let raw meat, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the cooler or refrigerator (one hour when the temperature is above 90)

- ◆ Make sure to pack plenty of extra ice or freezer packs in your cooler to ensure a constant cold temperature

Beat the Heat: Heat-related illnesses claim the lives of hundreds of people each year, so it is important to take these precautions when working or playing outside during the hot summer months.

- ◆ Drink plenty of water or other non-alcoholic beverages
- ◆ Wear lightweight, loose-fitting clothing that is light in color
- ◆ Reduce strenuous activities or do them during the cooler parts of the day.

Fun in the Sun: Your summer plans may include hitting the lake, or just spending more time outdoors . Make sure you plan to avoid sunburn, which can increase your risk of skin cancer.

- ◆ Seek shade, especially during mid-day hours (10am-4pm), when UV rays are the strongest
- ◆ Cover up with clothing to protect exposed skin
- ◆ Rub on sunscreen with sun protective fact (SPF) 15 or higher, and

both UVA and UVB protection.

Swim Safe: Swimming is a fun way to stay cool and be active. Before diving in, make sure you know these tips for staying healthy and safe while swimming.

- ◆ Avoid Swallowing pool water or even getting water in your mouth
- ◆ Shower before swimming and wash your hands after using the toilet or changing diapers
- ◆ Take children on bathroom breaks or check diapers often
- ◆ Keep an eye on children at all times. Kids can drown in seconds and silence
- ◆ Never swim alone or in unsupervised locations. Teach children to always swim with a buddy.
- ◆ Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or





"Clean Eating" Recipe (www.nhlbi.nih.gov)

TRIPLE BERRY KIWI SMOOTHIE.

★★★★★

COURSE: BREAKFAST CUISINE: DAIRY FREE, GLUTEN FREE, VEGAN.
PREP TIME: 10 MINUTES TOTAL TIME: 10 MINUTES SERVINGS: 1
CALORIES: 357 KCAL AUTHOR: THE PRETTY BEE

A simple berry and kiwi smoothie that's packed with antioxidants and vitamin C.

Print



INGREDIENTS

- 1 cup frozen strawberries
- 3/4 cup frozen raspberries
- 1/2 cup frozen blueberries
- 2 kiwifruit peeled and sliced
- 1 cup orange juice

INSTRUCTIONS

1. Place the frozen berries in the blender and let them thaw for about 10 minutes.
2. Add the kiwifruit and the orange juice and blend on high until smooth.
3. Top with more kiwi or berries if desired.