



# Positive Pulse Wellness Newsletter

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

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## 8 Tips for Exercising in Summer Heat

Summer is the perfect time to go outside and have fun. There are so many outdoor activities to choose from. The summer heat, however, can be a problem if you are not careful. If you do not drink enough water one can get dehydrated and suffer from light-headedness and nausea. However, if you drink too much water without replenishing your electrolytes, one can experience low sodium which can lead to confusion, nausea, muscle cramps, or even worse. Here are a few things to keep in mind when it comes to exercising in the heat:

- **The time of day is important.** Try to

avoid exercising in the afternoon. Generally the early morning is the best time to work out.

- **Wear loose, light-colored clothing.** The lighter color will help reflect heat, and cotton material will help the evaporation of sweat.
- **Sunscreen is a must.** Use an SPF of 40 or greater just to be safe. It is important to protect your skin. Remember that one can still get burned on cloudy days.
- **Stay hydrated.** Before you go out, drink a glass or two of water. Carry a

bottle of water and try to take a drink every 15 minutes, even if you are not thirsty. When the workout is complete, have a few more glasses of water.

- **Choose shaded trails or pathways.**
- **Listen to your body.** Stop immediately if you're feeling dizzy, faint, or nauseous.



## Special points of interest:

\* August 2015 Monthly Challenge Options: Complete a daily water challenge at least 3 times a week according to weight; Complete the 30 day Thigh Challenge.

## Summer Health Tips—Beating the Heat!

To handle heat and ensure your body is as cool as it can possibly be, here are a few measures to follow:

1. Eat light, small, frequent meals. Keep in mind that citrus fruits

are very cooling to the body.

2. Include salads in your diet. Lettuce contains a significant amount of water.
3. To cool the body

through sweating, add small amounts of hot spices to food while cooking.

4. Hydrate your body. Drink at least 8-10 glasses of water daily.

## Backyard Gardening: Grow Your Own Food, Improve Your Health

Backyard gardening can inspire you to take an interest in the origins of your food and make better choices about what you put on your plate. When you grow your own food, you tend to savor it more because of the effort it took to get to the table. Growing your own food has many health benefits:

- It helps you eat more fresh fruits and vegetables.
- You decide what kinds of fertilizers and pesticides come in contact with your food.

- It lets you control when to harvest your food. Vegetables that ripen in the garden have more nutrients than some store-bought vegetables that must be picked early.

If interested in growing a garden, follow these tips:

- Start small and plant things you'd really like to eat.
- Pick a spot with at least 6 hours of good daytime light and access to water.

- Use contaminant-free soil.
- Consider using a raised garden bed, which allows you to control the soil and nutrient blend.



## 8 Ways Soda Negatively Affects Your Health

Soda is one of the most consumed beverages in the United States, second only to water. Here in the United States, Americans guzzle 57 gallons of soda per person every year, as if it wasn't full of sugary calories. But what's happening inside the bodies of soda consumers with each sip?

As soon as soda is swallowed, the pan-

creas is notified and rapidly begins to create insulin in response to the sugar. Insulin is a hormone the body uses to move sugar from food or drink into the bloodstream, where cells are then able

**"Here in the United States, Americans guzzle 57 gallons of soda , per person, every year".**

to use sugar for energy. Within just 20 minutes, blood sugar levels spike and the liver responds to the insulin by turning sugar into fat for storage.

Within 45 minutes of gulping down a single 20-ounce glass of soda, caffeine from the drink is fully absorbed, and as a result your pupils dilate and blood pressure rises. The body produces

more dopamine, which stimulates the pleasure centers of the brain—just like a low-grade line of cocaine.

When the hour chimes, the body begins to experience a blood sugar crash, which is around the same time a person reaches for their second soda, or for another sweet and sugar snack to suffice. Soda's connection to the obesity epidemic is so intertwined, Harvard researchers have calculated each additional soda consumed increases the risk of obesity 1.6 times.

In addition to the threat of reaching obese levels, researchers also found after following 40,000 men for two decades, those who drank a sugary beverage each day had a 20% increased risk of having a heart attack.

Beverage companies know the haphazard sugar cycle all too well. In the US, they spend approximately \$3.2 billion in marketing each year in an effort to tempt consumers to pick up a liter of brown bubbly sugar with their pizza, or a case of cans for their child's next

birthday party. Those little children have an 80% increased risk of developing type 2 diabetes if they become regular soda drinkers. Their future will be one full of kidney problems, reproductive problems, osteoporosis, asthma, and bad teeth. Drink up!



## Brandi's "Clean Eating" Recipe of the Month

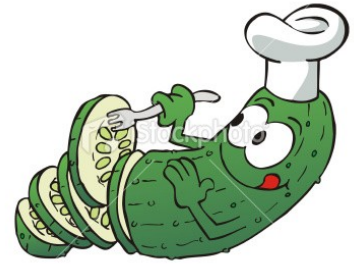
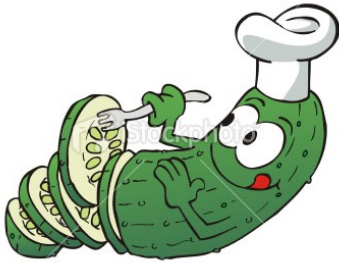
### Easy Cucumber Salad

#### Ingredients:

- 2 medium cucumbers peeled and sliced
- Kosher salt to taste
- White pepper
- 3 tbsp white wine vinegar

#### Direction:

Sprinkle cucumbers lightly with salt. Combine with vinegar and pepper and chill before serving.



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