



# 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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## Special points of interest:

\* July 2016 Monthly Challenge Options: Complete a family exercise activity outside, at least weekly, for the month of July 2016; Complete the Body Basics Challenge moves, one time through each day of the week, all four weeks of July 2016.

## Red Cross 4th of July Safety Tips

According to the Red Cross, the safest way to enjoy fireworks is to attend a public fireworks show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. If someone is setting fireworks off at home, they should follow these safety steps:

- Never give fireworks to small children, and always follow the instructions on the packaging.
- Keep a of water close by as a precaution.
- Make sure the person lighting the fireworks always wears eye protection.

- Light only one firework at a time and never attempt to re-light a "dud".
- Store fireworks in a cool, dry place, away from children and pets.
- Never throw or point a firework toward people, animals, vehicles, structures, or flammable materials.
- Leave any area immediately where untrained amateurs are using fireworks.
- Make sure every one, including pets, are away from the grill
- Keep the grill out in the open, away from housing, decks, tree branches, etc.
- Never add charcoal starter fluid when coals have already been ignited

### Grilling Safety:

- Always supervise a grill when in use.
- Never grill indoors



## How to Apply Sunscreen Correctly

According to the Centers for Disease Control and Prevention (CDC), sunscreen needs to be applied approximately 30 minutes before being in the sun for best results. This helps so the sunscreen has time to ab-

sorb into the skin before it washes away from perspiration. Remember to reapply sunscreen after swimming or strenuous exercise. Before applying sunscreen make sure to shake well to properly mix. Be sure to apply

enough sunscreen, use a handful (an ounce) to cover the entire body. When picking a sunscreen, make sure to pick one with at least SPF 15. Be aware that more expensive doesn't mean better.

## Tent Camping Safety Tips

Tent camping can be really fun and a great way to spend time with the family. Follow these few rules for safety when using a tent:

- Weather and rain—do not place your tent in a low-lying area for flooding purposes. If you absolutely have to, then dig a trench out around the sides.
- Be ware of trail areas and animals. If you are in the middle of a heavily traveled path, you may be trampled.



- If you are in a territory with bears make sure to hang food and perishables, as well as pots and pans you cook in at least 20 to 30 yards away from campsite.
- Do not place your tent under a tree. Sometimes it may be impossible. If so, check to make sure the tree is not dead, aging, or has loose limbs. It would not be uncommon for loose branches to fall into a tent and cause injury.

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## Surviving Outdoors Tips

Always carry a medical kit of some degree with you. Band-aids and topical medications may also be beneficial. Make sure that all persons are up to date on their tetanus vaccine.



Over the counter Imodium is always a good idea to carry along as well. It is extremely uncomfortable to have diarrhea while camping. Flashlights are also crucial to carry while camping for safety purposes. Flashlights that worked should be checked and then checked again for battery life. Extra batteries would also be helpful to have on hand.

It is also important to remember that you are not in your home outdoors, you are in nature's home. If you take care of her, she will take care of you. Please pick up all litter. In certain places, specifically in the boundary waters, you have to carry out your excrement. If you are in areas that this is necessary, please dig a hole far enough away from any water source.

After you have packed up, turn around and look for tidiness. Look at it as if you are staying in someone's house, and how you would like that bedroom or that area to be just as well picked up.



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

### Red, White, and Blue Chocolate Strawberries:

#### Ingredients:

- Strawberries
- White chocolate
- Blue sprinkles
- Wax or parchment paper

#### Instructions:

- Melt white chocolate as instructed on the package. Dip strawberries in

melted chocolate and then lightly dip in blue sprinkles. Set on wax or parchment paper to harden.

- Repeat until you get the quantity of strawberries desired. Serve and devour!!!



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