

HEALTHBEAT

A HEALTH NEWSLETTER FOR EMPLOYEES



Enjoy A Backyard Blowout without Blowing Out Your Belt!

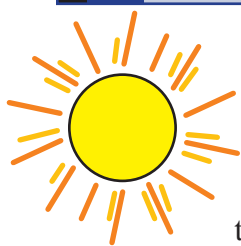


Enjoying the weather, catching up with friends and family, playing games and catching some summer rays; that's what a cookout is all about. But what about those burgers, hotdogs, mac n' cheese, potato salads, chips and sugary lemonades; that's also what cookouts are about, right? If you are anything like me, the great company and beautiful weather make it easy to let your guard down when it comes to making the right decisions about food.

But who wants to be worrying about counting calories during a cookout? Or worse yet – miss out on the fun all together in attempts to watch a diet? NOT ME! So what can you do to enjoy cookouts to the fullest and still look good in those bathing suits? Try a few of these tips:

- Reach for those 100% whole wheat buns instead of the white for a healthy dose of fiber
- Stay away from high-fat toppings like cheese, mayo and bacon. Swap them out for other toppings high in flavor like mustard, pickles, onions and cheese slices made with skim or 2% milk.
- Snack on baked chips (or better yet, fresh veggies) instead of traditional fried chips and dip them in salsa or guacamole instead of those other creamy ranch dips
- Instead of sipping on sugary lemonade, try water with lemon, un-sweet tea or even a diet soda
- Use smaller plates – research shows those that use smaller plates actually eat less without even noticing it!
- Eat the healthier stuff first, you may find you have less room and desire for the “bad stuff”
- Take part in another activity the cookout has to offer other than eating – this will allow you to have fun, keep busy and distract you from “grazing” on chips and cookies throughout the day
- Since everyone usually brings a dish to a cookout anyway, why not bring a healthy one such as a veggie platter or fruit salad
- As soon as you feel full, throw away your plate as soon as you are done. This will keep you from snacking on any leftovers and prevent you from going back to fill up your plate for seconds

Summer Safety Quick Checklist



- Wear a helmet when biking or skating
- Check gas grill tubes and hoses for blockages, cracking, holes and leaks
- Use sunscreen with an SPF of 15 or higher
- Reapply sunscreen every two hours
- Wear bug spray to ward off mosquitoes and ticks
- Stay hydrated and keep cool to prevent heat-related illnesses
- When identifying poisonous plants, remember, “leaves of three, let it be!”
- Never allow children to play with or ignite fireworks
- Never swim alone
- Move your exercise routine to early morning or later in the evening
- Never ever leave anyone or any pets in the car while you run to do a quick errand
- Don't leave perishable food out of the refrigerator for more than two hours



TRICKS of the DIETER'S Trade

Use a smaller plate. Research shows those that use smaller plates actually eat less without even noticing it!

Take your time. Many of us start a second bite before we have even finishing chewing and swallowing the first one. Just remember - it takes your brain about 20 minutes to realize that you're actually full.

Curb your cravings. Wait 10-15 minutes to see if that craving is still there. Cravings tend to last only about 4-12 minutes.

Don't deprive yourself! If you really want that cheeseburger or cherry pie, go for it! Depriving yourself will only set you up for dieting disaster later. Just remember, this tip is only effective is practiced in MODERATION.

Focus on all your favorites that you CAN have instead of CAN'T have. Don't think about how you shouldn't have that cheesecake, think about how you CAN have frozen yogurt topped with fresh strawberries

Drink lots of water! Water serves as a natural appetite suppressant. Drinking a glass or two of water before meals to help you feel fuller and aid in digestion

Use common objects around you to measure portions. Let's get real; the majority of us don't want to mess with carrying around measuring cups and spoons, and "eyeballing it" can quickly lead to oversized portions.

When starting a diet, we usually have our minds set on not eating this, cutting out that, and adding in more exercise in an effort to lose 10, 20, or 100 lbs. Call me lazy, but doesn't the whole idea of "being on a diet" just seem so difficult?

It's true, dieting can be difficult and it does take a lot of effort and patience. But, there are quite a few things that you can do to help you on your diet that are EASY to accomplish. You're probably thinking, "Yeah, right. 'Easy' and 'diet' in the same sentence? I don't think so." If you don't believe me, keep reading to get a few easy dieting tips and tricks.

- One serving of fruits or vegetables = approximately the size of your fist or a baseball

- One serving of meat = approximately the size of a deck of cards or the palm of your hand

- One serving of butter, oil or salad dressing = approximately the size of your thumb (from the tip to the first joint)

- One serving of pasta or cereal = approximately the size of a tennis ball or the size of a cupped hand

- One serving of cheese = approximately the size of 4 stacked dice or two fingers

Watch for cues to know when you're full. I don't know if you have ever noticed this or not, but most of us don't put down our forks and spoons while eating a meal. But watch carefully! There is usually a point towards the end of the meal when you will put down those utensils before all the food is gone – even if it's only for a second. This is your body telling you that you have had enough and are no longer hungry!

When dining out, pack up half your entrée before you even get it. Restaurants typically dole out 2 or maybe even 3 servings worth of food in one entrée. Kindly ask your server to box up half of your entrée before it even leaves the kitchen – and trust me, you won't be the first person to request this. If it's boxed up, you will be less tempted to finish the entire dish in one sitting.

Manage your trip to the Chinese buffet. Head straight to the salad bar first and eat a salad topped with fresh veggies first! Chances are you will be half-way filled up before you are even tempted by the "bad" stuff. Also, eat your entire meal with chopsticks, no matter how strong the urge to pick up that fork and spoon. This will make you eat slower and consume less.

Skip to soda. lots of calories and sugar, doesn't fill you up, bad for your teeth; 'nough said

Look out for these words! Try to avoid ordering menu items described as breaded, fried, loaded, au gratin, country-style, old-fashioned, bottomless, with white sauce or creamy

Find an exercise you enjoy. Not all exercise has to be something you dread doing. Try taking a walk with your dog, doing 30 minutes of gardening or riding a bike on a trail. Whatever it may be, if you enjoy it, chances are you will stick with it because it will feel less like work and more like fun!

Swap out your recliner for an exercise ball. When you are sitting and watching television, sit on an exercise ball instead of a couch or recliner. Your body burns about 6% more calories sitting on an exercise ball rather than in a chair.

Beat the Heat This Summer!



Who doesn't love summertime? Trips to the beach, cookouts in the back yard, going camping, planting gardens, and splashing around in the pool are just a few of the fun activities that the summer time brings. But summertime also means heat, and lots of it! While there is nothing wrong with enjoying the plentiful sunshine and warm weather, it can still bring dangers that you may not be aware of. Believe it or not, heat is the number one weather-related killer in the United States. The National Weather Service statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined.

Why you may ask? Well, as the body temperature increases, our bodies try to maintain normal temperatures by transferring heat through sweating and flowing blood to the skin. But when our bodies can no longer keep us cool enough, that's when a heat-related illness can occur.

Many of us are familiar with the term hypothermia – when our body

temperature is too cold. Well, hyperthermia is just the opposite – when our body temperature is too high. Hyperthermia can develop quickly in hot environments, such as when a child is left in a car in the summer heat or being in small spaces with poor ventilation. Additionally, environmental and physical conditions can make it hard to stay cool. Things such as exercising during hot weather, working outdoors, and overdressing for the environment increase risk. Caffeine or alcohol also increases risk of dehydration.

According to WebMD, heat-related illnesses include:

- **Heat rash (prickly heat):** Occur when the sweat ducts to the skin become blocked or swell, causing discomfort and itching.
- **Heat cramps:** Occur in muscles after exercise because sweating causes the body to lose water, salt, and minerals (electrolytes).
- **Heat edema (swelling) in the legs and hands:** Occur when you sit or stand for a long time in a hot environment.
- **Heat tetany (hyperventilation and heat stress):** Usually caused by short periods of stress in a hot environment.
- **Heat syncope (fainting):** Occurs from low blood pressure when heat causes the blood vessels to expand (dilate) and body fluids move into the legs because of gravity.
- **Heat exhaustion (heat prostration):** Generally develops when a person is working or exercising in hot

weather and does not drink enough liquids to replace those lost liquids.

- **Heatstroke (sunstroke):** Occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 105°F (40.6°C) or higher. Heatstroke is a medical emergency. Even with immediate treatment, it can be life-threatening or cause serious long-term problems.

Other things that may increase your risk of a heat-related illness include (according to WebMD):

- Age
- Obesity
- Heat waves
- Chronic diseases, such as diabetes, heart failure, and cancer
- Travel to wilderness areas or foreign countries with high outdoor temperatures and humidity

So while you are out enjoying the summer sun this year, just keep in mind that most heat-related illnesses can be prevented by making a conscious effort to stay cool and hydrated. Luckily, many heat-related illnesses can be treated at home, but heat exhaustion and heatstroke need immediate medical treatment.

A Little Brain Teaser - Or Should I Say FREEZER!

We've all been there; sitting back and relaxing, enjoying an ice cream, slushy or ice pop when all of the sudden – BAM! You are stricken with an intense stabbing headache! What you are suffering from is medically known as “headache attributed to ingestion of a cold stimulus”, otherwise known to us all as BRAIN FREEZE! But what really is brain freeze? Why does it happen and where does it come from?

In case you have been lucky enough to avoid the pain of getting brain freeze, here's what you could expect.

Brain freeze symptoms include:

- Sharp, stabbing pain in the forehead
- Pain that peaks about 30 to 60 seconds after it begins
- Pain that rarely last longer than five minutes

Brain freeze or ice cream headaches are caused when cold materials move across the roof of your mouth and the back of your throat. This tends to happen when you eat cold substance, like ice cream, quickly – hence the nickname ice cream headache.

While scientists are still unsure about the exact mechanism that causes this pain, one theory suggests that the cold food or drink may temporarily alter blood flow in your brain, causing a brief headache. Some researchers suspect that the pain is referred from your mouth to your head via the trigeminal nerve, which delivers sensory information from the face and mouth to the brain.

Luckily, brain freeze is pretty harmless and rarely needs any sort of real treatment. But when one does strike, boy do they hurt! A little trick that can sometimes help relieve the pain faster is to warm the back of your mouth with your tongue or a warm drink. While the only true prevention technique is to just avoid cold food and drink all together, simply slowing down when consuming cold substances will most likely prevent brain freeze from coming on.



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