

August 2013 Newsletter



Creating Community
Changing Lives

Summertime Health Tips

Stay cool and avoid the mid-day heat:

Limit activities in the hot sun to 15 or 20 minutes at a time to help protect against heat exhaustion. Avoid prolonged sun exposure between the hours of 10am and 4pm when the sun's UV rays are the strongest.

Replace your shoes: Select the proper shoes for an activity and replace them often to prevent foot, ankle and knee pain.

Stretch: The more prepared muscles and tendons are for an activity, the more protected you are from getting hurt.

Hydrate, hydrate, hydrate: Don't wait until you're thirsty to drink water. Drink plenty of water before, during and after activities.

Protect your head: Always remember to wear a helmet while biking, rock climbing, skateboarding, horseback riding or riding an ATV and make sure children do too.

Lather up and wear sunscreen! Be sure to use SPF 30 or higher and reapply it every two hours. Ideally, 1 ounce of sunscreen (about a palmful) should be used to cover the arms, legs, neck and face of an average adult.

Exercise for strong bones: Exercise is important for building strong bones and is essential for maintaining bone strength. Weight-bearing exercise and strength-training exercise are two types of exercise that are most effective for building strong bones.

Look before you dive: To prevent head, neck and spine injuries, never dive headfirst into unknown bodies of water.

Go easy on your joints: Swimming is great, low-impact exercise for summer and helps prevent over-heating.

<http://karachifoods.com/photos/health-tips/summertime-health-tips/>

FREE DEMO CLASSES:



LINE DANCING with Cinnie Noble

Wednesday August 14th @ 9:00am OR 6:30pm



YOGA – Instructor TBA

Thursday August 15th @ 1pm

And the
Winner is...
**ASHLEY
JONES**
for the
month of ...

JULY



Top 10 Sources of Veggie Protein: *Where do you get your protein?*

<http://www.cutorcopy.com/top-10-sources-of-veggie-protein/>



Spinach
49% protein



Kale
45% protein



Broccoli
45% protein



Cauliflower
40% protein



Mushrooms
38% protein



Parsley
34% protein



Cucumbers
24% protein



Green Pepper
22% protein



Cabbage
22% protein



Tomatoes
18% protein



Beef
25.8% protein

Protein in Meat:



Chicken
23% protein



Eggs
12% protein

This Summer, Be Aware Of ...

THE GIANT HOGWEED

THE PLANT

Giant hogweed may grow six metres tall. Stems are 2-8 cm in diameter, but may reach 10 cm, and are marked with dark purplish blotches and raised nodules. Numerous white flowers form a flat-topped, umbrella-shaped head up to 75 cm across.

THE DANGERS

Giant hogweed is one of a handful of plants that can cause a significant reaction, if sap from a broken stem or crushed leaf, root, flower or seed comes into contact with moist skin (perspiration will suffice). Irritation is not immediate.

THE BURN

Within 24 hours, burn-like lesions form, followed by large, fluid-filled blisters within 48 hours. On rare occasions the burns and blisters may require hospitalization. Even minute amounts of the sap in the eyes can cause blindness.

THE ANTIDOTE

Immediately wash skin thoroughly with soap and water, removing the sap and hopefully preventing any reaction with subsequent exposure to sunlight. Treatment with prescription topical steroids early on may reduce the reaction.

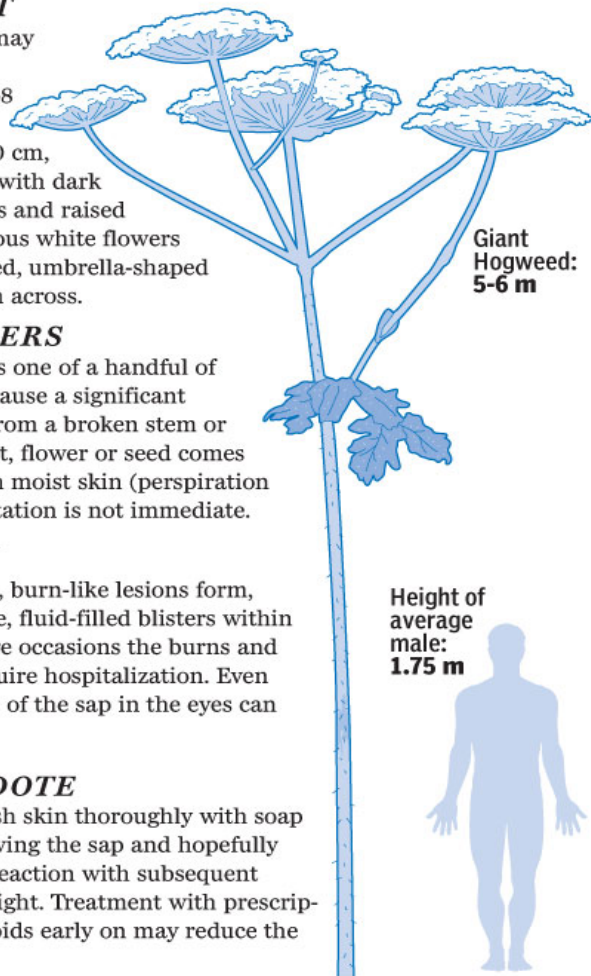
SOURCE: U.S. DEPARTMENT OF AGRICULTURE

JONATHON RIVAIT / NATIONAL POST


***This plant has now been found in parts of Southern Ontario. Be careful this summer when you are Camping, Cottaging, Hiking etc.**

Read Article at:

<http://news.nationalpost.com/2010/07/13/giant-weed-that-burns-and-blinds-spreads-across-canada/>



Top Water-Rich Foods

 Cucumbers 96% Water	 Watercress 90% Water	 Spinach 92% Water
 Tomatoes 94% Water	 Grapefruit 90% Water	 Lettuce 96% Water
 Celery 95% Water	 Broccoli 92% Water	 Carrots 90% Water
 Watermelon 96% Water	<small>http://www.tpralliedhealthjobs.com/tag/healthy-tips-on-parenting/</small>	

Roasted Corn with Basil-Shallot Vinaigrette

A simple combination - roasted corn with a basil vinaigrette - has a fresh flavor that is pure summer.

4 servings, about 1/2 cup each | Active Time: 15 minutes | Total Time: 40 minutes

INGREDIENTS

- * 3 cups fresh corn kernels
- * 2 tablespoons extra-virgin olive oil
- * 1/4 cup chopped fresh basil
- * 1 tablespoon minced shallot
- * 1 tablespoon red-wine vinegar
- * 1/4 teaspoon salt
- * Freshly ground pepper, to taste

PREPARATION

Preheat oven to 450°F. Toss corn and oil to coat and spread out on a large baking sheet. Bake, stirring once, until some kernels begin to brown, about 20 minutes. Combine basil, shallot, vinegar, salt and pepper in a medium bowl. Add the corn; toss to coat. Serve warm or cold.

NUTRITION Per serving:

165 Calories; 8 g Fat; 1 g Sat; 6 g Mono; 0 mg Cholesterol; 23 g Carbohydrates; 4 g Protein; 3 g Fiber; 163 mg Sodium; 332 mg Potassium

MAKE AHEAD TIP: Cover and refrigerate for up to 1 day.

http://www.eatingwell.com/recipes/roasted_corn_with_basil_shallot_vinaigrette.html

