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June 2012 Newsletter

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Hot Summer Safety Tips

Most people don't realize that germs don't go on vacation during the summer months. If anything, people need to be even more vigilant about maintaining a clean, healthy home and taking basic summer safety precautions. Here are some simple safety tips to play it safe this season.

Kill unwelcome guests: bacteria. More people become ill from food-borne bacteria during the summer season than at any other time of the year. One way of getting sick is through cross contamination - or the accidental spread of germs from food to food or from surfaces to food. Your hands can also spread bacteria to less obvious places, like the refrigerator, door handles, sink faucets and more. Help protect your family from food-borne illness by using an EPA-registered product to kill bacteria like E.Coli and Salmonella that cause food-borne illness.

Protect children from excessive exposure to the sun, and especially between the hours of 10:00 a.m. and 2:00 p.m. when the sun's rays are strongest. Use sunscreen or sun block with an SPF of 15 or higher. When applying sunscreen or sunblock, pay special attention to exposed parts such as the face, neck, shoulders, back and tops of feet.

Wash hands frequently and thoroughly with soap and warm water. Whether at work, camp, or on the go it's important to wash your hands regularly and thoroughly.

The road to safe traveling requires simple precautions. When it's family vacation time, pack the car with a first-aid kit, non-perishable snacks and water. And for those long road trips, keep a disinfectant product like Sanitizing Wipes on hand. They're a convenient way to wipe away germs that lurk on frequently touched surfaces. They're also handy for food spills and in rest-stop bathrooms.

http://www.streetdirectory.com/travel_guide/4265/health/hot_summer_safety_tips.html



June is Stroke Awareness Month:

Stroke warning signs

Stroke is a medical emergency. Recognizing and responding **immediately** to the signs of stroke by calling 9-1-1 or your local emergency number can significantly improve survival and recovery. If a person is diagnosed with a stroke caused by a blood clot, doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.* That's why it is very important to be able to recognize the 5 warning signs of stroke and **immediately** call 9-1-1 or your local emergency number.

What are the five signs of stroke?

Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.



Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems - Sudden trouble with vision, even if temporary.



Headache - Sudden severe and unusual headache.



Dizziness - Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, call 9-1-1 or your local emergency number immediately.

From: Heart & Stroke Foundation

http://www.heartandstroke.com/site/c.iKIQLcMWJtE/b.3483937/k.ED98/Stroke__Stroke_Warning_Signs.htm



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Tilapia & Summer Vegetable Packets

Wrapping vegetables and fish in a foil packet for grilling or baking is a foolproof way to get moist, tender results. Tilapia and summer vegetables pair with olives and capers for a Mediterranean flair. **4 servings** | **Active Time:** 35 minutes | **Total Time:** 35 minutes

Ingredients

- * 1 cup quartered cherry/grape tomatoes
- * 1 cup thinly sliced red onion
- * 1/4 cup pitted and coarsely chopped black olives
- * 1 tablespoon chopped fresh oregano
- * 1 teaspoon capers, rinsed
- * 1/2 teaspoon freshly ground pepper, divided
- * 1 pound tilapia fillets, cut into 4 equal portions
- * 1 cup diced summer squash
- * 12 green beans, trimmed, cut into 1-inch pieces
- * 2 tablespoons lemon juice
- * 1 tablespoon extra-virgin olive oil
- * 1/2 teaspoon salt, divided

Preparation

1. Preheat grill to medium. (No grill? See Oven Variation, below.)
2. Combine tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
3. To make a packet, lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and pepper, then top with about 3/4 cup of the vegetable mixture.
4. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.
5. Grill the packets until the fish is cooked through and the vegetables are just tender, about 5 minutes. To serve, carefully open both ends of the packets and allow the steam to escape. Use a spatula to slide the contents onto plates. Oven Variation: Preheat oven to 425°F. Place green beans in a microwavable bowl with 1 tablespoon water. Cover and microwave on High until the beans are just beginning to cook, about 30 seconds. Drain and add to the other vegetables (Step 2). Assemble packets (Steps 3-4). Bake the packets directly on an oven rack until the tilapia is cooked through and the vegetables are just tender, about 20 minutes.

Nutrition Per serving: 181 Calories; 7 g Fat; 1 g Sat; 4 g Mono; 57 mg Cholesterol; 8 g Carbs; 24 g Protein; 2 g Fiber; 435 mg Sodium; 591 mg Potassium
http://www.eatingwell.com/recipes/tilapia_summer_vegetable_packets.html

5 Summer Hydration Tips for Workouts

1. Know the signs

How can you tell if your body is well-hydrated? If your urine is pale, and you require a restroom break at least six times a day, you are probably doing a good job.

2. Get a head start on hydration

If you are an early morning exerciser, keep in mind that your body is already in a somewhat dehydrated state when you wake up. Be sure to drink at least 8 ounces of water before you begin your workout.

3. Stay hydrated with water during moderate exercise

For a moderate hour-long workout, you should consume 4 to 6 ounces of water for every 15 minutes of exercise. If your taste buds need a change of pace every so often, seek out a low-calorie sports drink or sugar-free flavored water option—or add a slice or two of lemon or lime to your water bottle.

4. Consider drinking a sports drink

If you exercise for longer than 60 minutes at a high intensity, or you work out in extreme conditions, consider using a sports drink during and after your workout to replenish your body with the fluid, nutrients and electrolytes it requires.

There is a true science behind fluid replacement during exercise, and sports drinks are formulated to meet the needs of athletes.

5. Beware of energy drinks

Popular energy drinks are very different from sports drinks. They are full of caffeine and sugar, and can be dehydrating instead of thirst-quenching.

<http://fitbottomedgirls.com/2011/07/5-tips-for-staying-hydrated-in-the-heat/>