

Alliance Handshake

July 2017

Welcome Summer! I hope the living is easy and your life is feeling less chaotic with these warmer, longer, lazier days of summer. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health. In this edition of our newsletter, we offer some health improving suggestions that are so seasonally laid back you'll barely notice the effort. We will talk about everything from flip-flops, to giving your diet a berry boost, getting dirty, staying hydrated with certain foods and more!

Relax and breathe. You've been working hard. This is the season to slow the pace a bit. Leave your cell phone at home or take a week off from TV. Have a healthy, enjoyable summer.

William Van Ry, Owner & CEO



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It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

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Last issues word: **DECLARED**

dace	dale	dare	dead
deal	dealer	dear	decade
decal	deed	deer	dele
dread	eared	earl	elder
cadre	card	care	ceder
cede	cereal	clad	clear
cradle	creed	creel	lace
lacer	ladder	lade	lard
lead	leader	leer	aced
acre	adder	addle	alder
alee	arced	race	rale
read	real	reed	reel

The average is 36 words. Did you meet or beat this average?

Can you find 53 words within this issue's word **RESTING**?

If you do one thing to improve your diet this summer, have a cup of mixed fresh berries every day - blackberries, blueberries, or strawberries. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers. So...***Give Your Diet a Berry Boost!***

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the ground, being mentally grounded can help relieve physical and mental stress. ***Get Dirty and Stress Less!***

Get Outside to Exercise

Pick one outdoor activity - going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming. Shed that cooped-up feeling of gym workouts. Beware of swimming pool risks. Teach kids to swim, always watch them closely at the pool, and keep pools fenced. Don't mix drinking with fun in and around the water. Alcohol affects your balance and judgment.

And when you are outside, remember to ***Be Good to Your Eyes.*** When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing

tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type of eyewear; some are sport-specific.

Your Feet Waited All Winter

It's too hot for shoes. You are outside strolling along barefoot one minute and the next...***Ouch, My Foot!*** You're in pain. Puncture wounds happen more often in summer, when bare feet meet nails, glass, toothpicks, and seashells. The biggest problem is infection. Heat, swelling, and drainage are signs that need quick medical attention. You may also need to update your tetanus shot. **Be especially careful if you have diabetes!**



Maybe you think you will just wear flip-flops. However, if you can bend your flip-flop in half, it's too flimsy to support your foot. The best ones are sturdy and made of high-quality leather. Flip-flops are fine for the beach, the pool, and the locker room, where they can stomp out athlete's foot. But don't run, walk long distances, or play sports in them.

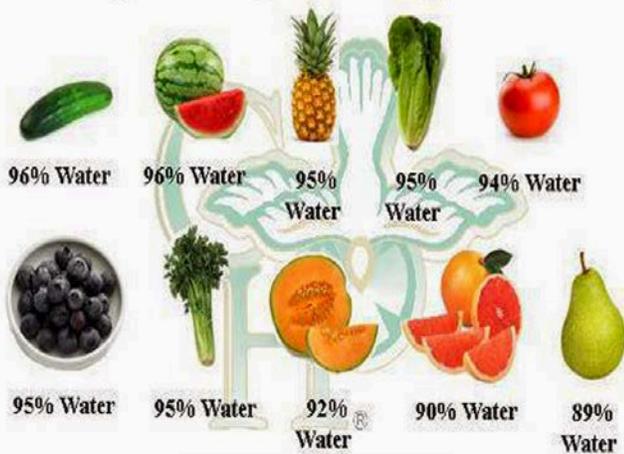
It's Hot!

It's not just that it is uncomfortable, getting over-heated can make you sick. ***Stay cool and hydrated!*** Drink plenty of water before, during and after physical activity to

avoid dehydration. If you wait until you are thirsty, you may already be dehydrated. Don't wait! For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.

Symptoms of heat-related illness may include cramps, nausea, and pale moist skin. Go to a cooler place, drink fluids, and put cool cloths on the skin. If you are not getting better or if you have more serious symptoms such as high fever, fast heart rate, warm and dry skin, confusion, change in behavior, or convulsions call 911.

Top 10 Hydrating Foods



Enjoy Nature's bounty... fresh fruits and vegetables at their seasonal best. Consuming foods that are cooling and light - fresh fruits, vegetable juices, raw salads - will nourish your body for summertime activities. Include some protein with one or two meals. There are a number of light, nourishing proteins that don't require cooking. Most of these complement fruits and vegetables nicely - nuts, seeds, bean sprouts, yogurt, and cottage cheese.

What's summer without cooking outside?

Just follow some simple rules:

- Keep your grill away from buildings and branches.
- Don't let grease build up.
- Never leave your grill unattended.
- Keep children and pets away from the grill.
- If your grill uses propane, test for leaks before the season starts. If you ever smell gas while cooking, get away from the grill and call the fire department.

Are You Sure You Want to Eat That?

We love a good picnic. But not so much if the mayo sits out too long. Keep cold foods cold. Don't keep any foods at room temperature if it's warmer than 90 degrees. Don't reuse platters that have held raw meat until you wash them thoroughly. To eliminate bacteria, wash all fruits and vegetables before peeling, cutting or eating.



Sunburn...Even a Tan is Sun Damage

Avoid the sun's strongest rays during the middle of the day. Wear clothes that protect your arms and legs, and a hat that shields your face, ears, and neck. Reapply sunscreen with at least SPF 15 every 2-3 hours, or more often if you get sweaty or swim - even on cloudy days.

Vacation Time!

Take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

Enjoy some special summer time with your family, kids, and friends who share the enjoyment of outdoors. Plan a fun trip if you're able and motivated for a day or longer - hiking in the wild, camping, playing at the river, or a few days resting at the ocean. Rekindling our earth connection has benefits that last beyond this season, continuing to enrich the whole of your life.

Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime.

There they are – some super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're good for you.



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