

Healthy Perspectives

Happy Father's Day

June 2019

"Your Source For A Happy and Healthy Lifestyle"

DIGEST

8 Great Summer Activities

Embrace the warm weather and get outside to make memories.

These inviting activities can spark summer fun alone or with friends and family.

DIVE IN. Get a pass to the local swimming pool.

DIY IT. Do a home improvement project, plant a garden, repurpose old furniture or clean out the garage.

HIKE IT. Visit a state park and sign up for a free guided nature hike.

FLY IT. Go fly a kite on a windy day.

PICK IT. Go strawberry picking at a local farm.

MAKE A SPLASH! Spend the day at a waterpark.

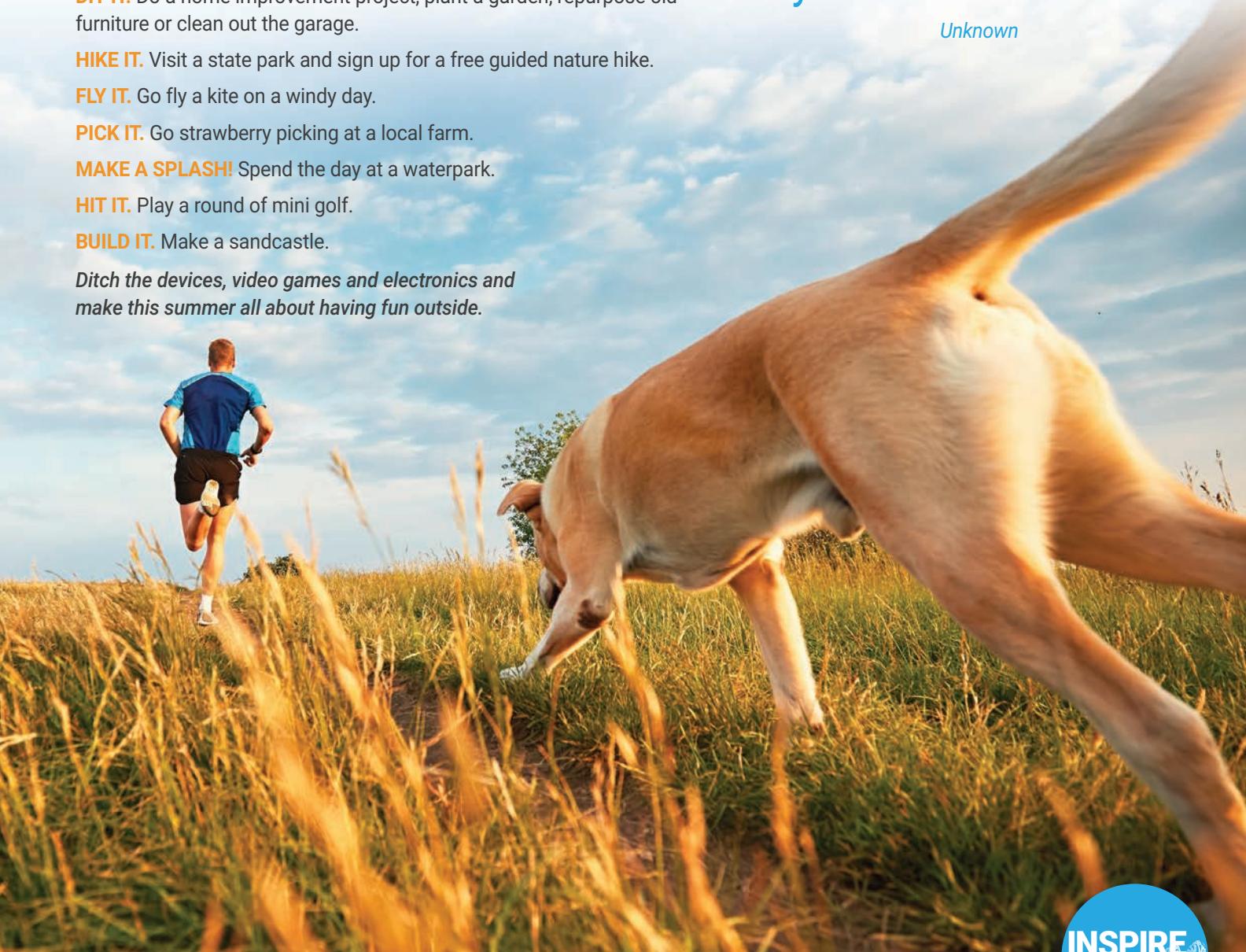
HIT IT. Play a round of mini golf.

BUILD IT. Make a sandcastle.

Ditch the devices, video games and electronics and make this summer all about having fun outside.

"If you're not BAREFOOT, then you're overdressed."

Unknown



IN THIS ISSUE: Best and Worst Drinks For Hydration | Cool Summer Eats

Summer Stress Relievers | His Health | Bug Off!

**INSPIRE
TO MOVE**

Best and Worst Drinks for Hydration

Water is key for staying hydrated, but there are also other drinks and foods that are hydrating. Some liquids can encourage water to leave your body. When reaching for a refreshing sip to quench your thirst, make choices for hydrating beverages and avoid the sneaky drinks that dehydrate and may contain too much sugar, salt and calories.

Hydrating: Fruit juice contains 85% water. Make sure you are picking 100% fruit juice. **Dehydrating:** Commercial fruit juice that is not 100% juice. Read the label.

Hydrating: Tea is refreshing and packed with antioxidants.

Herbal teas are best, but even regular tea in moderation can help you get to your daily 8 glasses of water.

Dehydrating: Sweet tea and soda may feel refreshing, but the sugar can deplete fluids.

Hydrating: Coffee, while it does have caffeine that in general is good to avoid, in moderation, it does hydrate. **Dehydrating:** Energy drinks have fluid robbing effects.

Hydrating: Milk has calcium and vitamin D, plus contains protein to help your body retain water. Plain coconut water is a trendy beverage that can help you hydrate in ways water can't. **Dehydrating:** Alcohol squeezes water out of your cells.

"Iced tea is too **PURE**
and natural a creation
not to have been
INVENTED as soon as
tea, ice and hot weather
crossed paths."

John Egerton

RECIPE OF THE MONTH

NOURISHING YOU



Cool Summer Eats

Who wants to turn on the oven or stove when it's hot out? While grilling is ideal for summer cooking, there are many ingredients that can come together without a single flame. Try pairing these no-cook summer staples with fresh vegetables and fruits for limitless delicious and cool options:

ROTISSERIE CHICKEN can be added to salads, sandwiches, or rolled into rice paper wrappers with veggies for summer rolls.

WALNUTS OR ALMONDS add protein and crunch to salads or an easy snack on the go.

BERRIES are low in sugar and calories, but high in sweetness and flavor. Enjoy in smoothies, with yogurt or simply eat them on their own.

AVOCADOS can be spread on toast, diced and mixed into salads or mashed into guacamole with chopped tomatoes.

CHICKPEAS are protein rich and combined with olive oil and just about any diced vegetables makes a cool and colorful salad.

WATERMELON is juicy and refreshing as the most hydrating summer food eaten as a snack or cubed into summer salad.

Whether you are making sandwiches, salads, wraps, or bowls, you can't go wrong keeping your meal cool.



Southwestern Corn Salad

- | | |
|--|--------------------------------|
| 3 tbsp olive oil | 4 thinly sliced green onions |
| 3 cups cooked corn kernels | 1 clove garlic minced |
| 1 (15-oz.) can black beans,
well rinsed and drained | 2 tbsp chopped cilantro leaves |
| 1 medium red bell pepper, diced | ½ tsp ground cumin |
| 1 medium jalapeno pepper,
seeded and minced | ¼ tsp chipotle pepper |
| | 3 tbsp fresh lime juice |

Combine all ingredients in a large mixing bowl and toss to combine thoroughly.

Summer Stress RELIEVERS

Whether a vacation, staycation or business as usual, everyone needs a break and relief from stress. Any changes, including taking a vacation, having kids out of school for summer, even having a new baby or getting a new pet are all positive things that can cause stress. When tension starts to build up, instead of melting down, try these simple tips for stress relief:

MEDITATION. Sit with your eyes closed for 10-20 minutes once or twice a day. Silently repeat a word, sound or phrase. Focus on the sound of your breath and ignore intruding thoughts.

COOL OFF. Decompress by cooling off with water. Try splashing cold water on your face, placing a cold wet washcloth over your forehead and the bridge of your nose, taking three deep breathes and then breathe normally for five minutes.

LAUGH. Go to a live comedy show, watch a funny movie and ask friends to send you funny memes they come across. Even if you don't feel like smiling, a joke can feel pretty good.

FIND GREENERY. Go outside, as any exposure to nature can calm your senses when the pressure mounts.

"Like a **WELCOME** summer rain,
humor may suddenly cleanse
and cool the earth, the air
and **YOU.**" *Langston Hughes*



HIS Health

Father's day is in June, which also happens to be Men's Health Month. A man's physical and emotional health impacts their ability to be involved fathers, supportive partners and engaged members of a community. Men have a responsibility to themselves and the ones who love them to care about and take care of their well-being. Here are a few things men can do to make their health a priority all year long:

- **Get an annual physical.** Providers can catch potentially dangerous conditions early, while they are still treatable.
- **Utilize mental health services.** Men are significantly less likely to use mental health services in response to a mental health issue in comparison to women.
- **Practice stress management.** Engaging in substance abuse in response to stressful life transitions can be a dysfunctional response to tough situations.

All humans are wired for emotions, regardless of gender. To have a balance of physical and emotional health, men can benefit from learning to process emotions appropriately.

"As I look back on what I've learned about shame, gender and worthiness, the greatest lesson is this: If we are going to find our way out of shame and back to each other, vulnerability is the path and courage is the light. To set down those lists of what we're supposed to be is brave. To love ourselves and support each other in the process of becoming real perhaps the greatest single act of daring greatly." Brene Brown



Bug Off!

In the great outdoors there are creepy crawlies that see us as a walking delicacy. More than just an itchy pain, bites from mosquitoes can carry the danger of Zika, West Nile and other mosquito-borne illnesses. Ticks are another pest that view humans as a menu item to sting and suck. When looking to repel bugs there are simple protective measures, from chemical repellents, natural remedies, and simple steps to consider.

DEET. Experts say it's tough to beat the effectiveness of DEET when used as directed on the product label.

ESSENTIAL OILS. Plant-derived oils such as lemongrass oil and lemon eucalyptus are pretty impressive to deter bug bites. Rosemary oil, cedarwood oil and citronella also repel bugs.

REMOVE STANDING WATER. Once a week, rinse out empty planters, birdbaths, vases and flowerpot saucers, or any standing water where mosquitoes can lay their eggs.

WEAR PROTECTIVE CLOTHING. If hiking, lightweight long pants and shirts are great for preventing ticks from getting on your skin.

Visit <https://bit.ly/2TtGssq> to download a pdf about Protecting Yourself From Ticks and Mosquitoes.

"Why didn't Noah SWAT those TWO MOSQUITOES?"

Unknown

GOOD DECISIONS

1. Which drinks are good for hydration?
 - a. Water, milk and tea
 - b. Chocolate milk and lattes
 - c. Beer and wine

2. When feeling stressed, try this to relieve tension?
 - a. Laughing
 - b. Cool water on your head and face
 - c. Meditation
 - d. All of the above

3. Which is NOT a recommendation for men to take good care of their health?
 - a. Annual physicals
 - b. Appropriate mental health services and stress management
 - c. Just man-up

The information in this publication is meant to complement the advice of your health care providers, not replace it.

Before making any major changes in your medications, diet or exercise, talk to your doctor.

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ANSWERS: 1.A 2.D 3.C

