WELLNESS ⟳ MINUTE

July 2020

SUMMER SAFETY DURING COVID-19

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JULY RECIPE

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SUMMER SAFETY DURING COVID-19

The warmer weather and reopening of some parks, beaches, and other public places may be luring you outside after weeks or months of staying at home. It's important to know how to balance the continued risk of coronavirus with the opportunity to go outdoors for some enjoyment.

Here are some benefits to getting outside:

• The sun helps you metabolize vitamin D, which benefits your immune system and health overall.

• Getting outdoors, especially in nature lifts mood and reduces stress.

• Outdoor physical activity helps keep your body and mind healthy.

Enjoy the outdoors while staying safe:

• Avoid crowded places and gatherings with more than 10 people, especially if you live with at-risk individuals.

• Visit parks and recreation areas that are close to home and find out their requirements in advance, as well as what facilities they have available, such as bathrooms and concessions.

• Pack any needed items, such as wipes, hand sanitizer, sunscreen, snacks, and plenty of water.

• Use a sunscreen with SPF30 or higher. Apply it thoroughly, covering all areas of exposed skin, but also underneath your mask since it can shift position.

Here are some suggestions for staying safe if you decide to take part in activities like swimming, biking, or hiking.

SWIMMING

According to the CDC. there is no evidence that COVID-19 can be spread through water. If pools, lakes, or beaches in your area are open, enjoy them safely by practicing social distancing (staying 6 feet away from people not in your household).

BIKE RIDING

Experts suggest that people wear a mask while biking, if there are others around you. Biking and other exercise makes you breathe harder, which releases more respiratory droplets into the air. If you're biking where no one is around, it's likely safe to go without a mask. As always, be sure to wear a helmet.

HIKING

You may or may not need to wear a mask while hiking. This will depend on the guidelines for the area and/or whether you're close to other people. Take one with you just in case. You should definitely wear a mask on busy trails.

HAVE A SAFE AND FUN SUMMER!

Reference:
https://www.everydayhealth.com/coronavirus/your-covid-19-summer-safety-guide/

WELLNESS MINUTE

THE IMPORTANCE OF STRETCHING TO MAINTAIN FLEXIBILITY

We all know the importance of stretching before and after exercise. Did you know that stretching at other times is necessary too? It can go a long way toward maintaining flexibility, especially as we age.

What causes loss in flexibility?

Unfortunately, as we get older, our flexibility declines, which can result in decreased mobility and function. We tend to lose water in our tissues and discs as we age, which can increase stiffness in joints and decrease elasticity in muscles and tendons. In other words, your body naturally becomes less fluid as you age. These issues can also be exacerbated by our sedentary lifestyles.

Benefits of stretching

Stretching on a consistent basis can help to:

- Improve athletic performance
- Increase and improve blood circulation
- Reduce soreness and tight muscles
- Release tension and stress
- Prevent injuries, such as muscle strains, which can happen during exercise or daily activities such as lifting or carrying something, bending down to pick up a pen, or perhaps even walking up and down stairs.

When should you stretch?

You can easily add stretching into your daily routine. It's not something you should limit to your workout sessions. Here are a few ways to incorporate it into your day:

- **Morning:** A few minutes spent stretching in the morning before you get busy will increase blood flow to your muscles and get you ready for the day!

- **Stretch breaks:** Sitting all day often results in tight, weak hamstrings, which can result in a higher risk of injuries, pain in the lower back, and knee pain. Make it a point to take stretch breaks several times throughout the day. They can also give you a boost of energy and help keep your mind alert.

- **After meals:** Incorporating gentle stretches after eating a large meal can, in some cases, help to ease digestion, prevent acid reflux, and relieve bloating and gas

- **Evening:** Stretching at night is a great way to relax your muscles and get rid of any tension that has developed during the day so you can get a good night's sleep.

Reference:
https://www.healthfitnessrevolution.com/top-10-health-benefits-of-stretching/

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WELLNESS ⏱ MINUTE

Mediterranean Watermelon Salad

Serves 6

There's nothing more refreshing than watermelon on a hot Summer day. You're going to love this easy and light salad as a side dish, snack, or dessert.

Ingredients:

- ½ watermelon, peeled and cut into cubes
- 2 cups of cubed cucumber
- 15 fresh mint leaves, chopped
- 15 fresh basil leaves, chopped
- ½ cup crumbled feta cheese

Dressing Ingredients:

- 2 tbsp honey
- 2 tbsp lime juice
- 1-2 tbsp extra virgin olive oil
- Pinch of salt

Directions:

1 In a small bowl, whisk together the dressing ingredients and set aside.

2 In a large bowl, combine the watermelon, cucumber, and herbs.

3 Top the salad with the dressing and toss gently.

4 Top with feta cheese and serve.

Reference:
https://www.themediterraneandish.com/watermelon-salad-with-cucumber-feta/

TIPS FOR WEARING A MASK IN HOT WEATHER 😷

Unfortunately, the coronavirus is still around and cases continue to increase in some areas. In spite of this, much is reopening and people are venturing outside more. Quarantine fatigue is real and it's understandable that many people want to venture out.

If you decide to go out, wearing a mask is still one of the best ways to protect yourself and others. While it can be more challenging to do so in hot weather, here are three tips for making it as comfortable as possible.

1 **Wear a mask with breathable material.** Light-colored 100% cotton fabrics breathe better than synthetic materials like polyester.

2 **Have more than one mask available.** If you're out for an extended period of time in the heat, your mask can get sweaty and damp. This can make it less effective. Have another mask with you so you can switch to a dry one.

3 **Check the fit.** Choose a mask that fits snugly, but isn't too tight. A mask with ties may be better than one with elastic bands since ties allow for better adjustment and may be less irritating around the ears.

Reference:
https://www.yoursun.com/coronavirus/coronavirus-how-to-wear-face-masks-in-hot-weather/article_5fc-c5b0d-bd2d-55e6-89e3-1a6cfee72657.html

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