

WELLNESS @ MINUTE

August 2022



VACCINES FOR ADULTS

MAKING THE BACK-TO-SCHOOL
TRANSITION EASIER

RECIPE OF THE MONTH

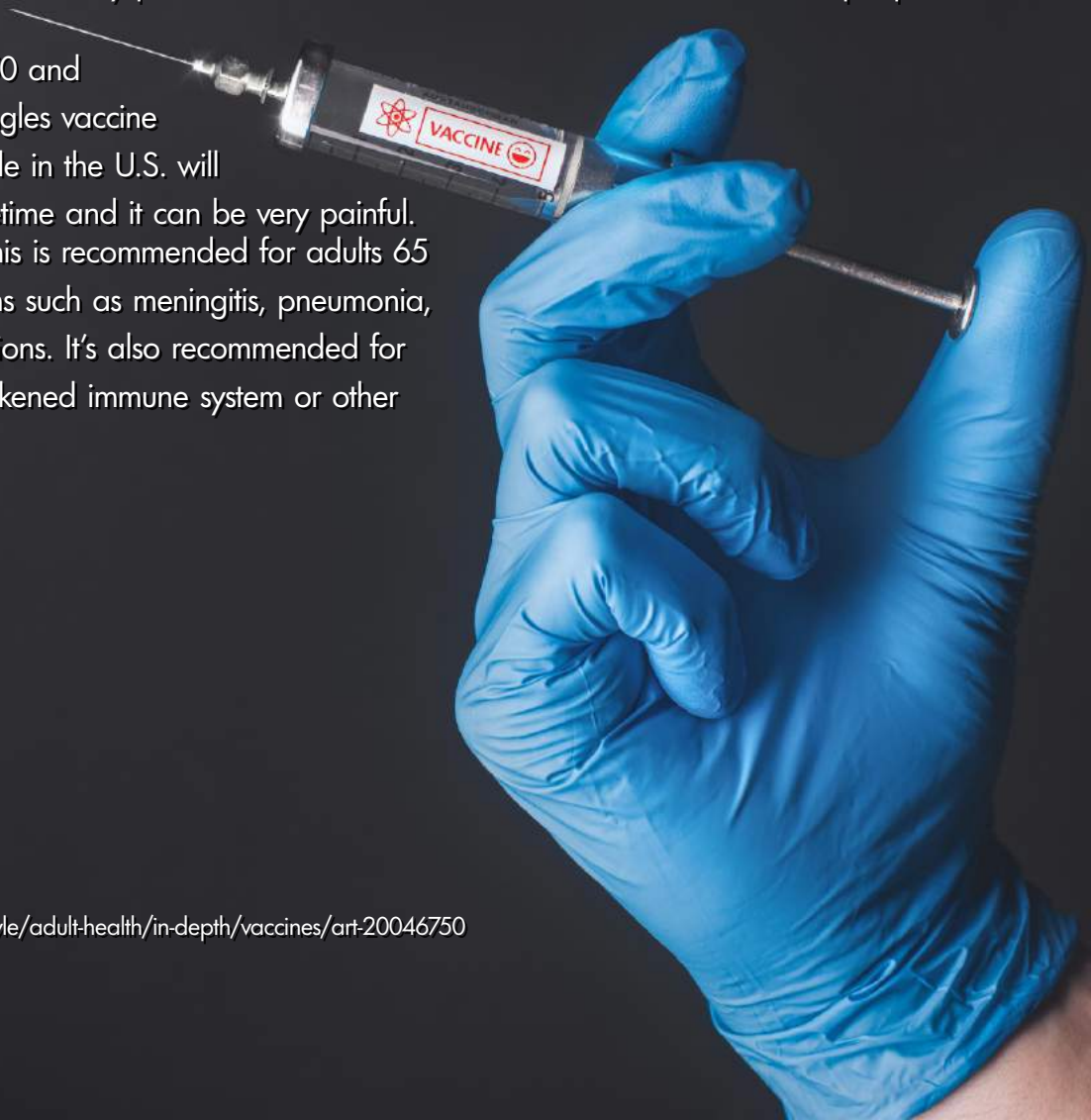
BARRIERS & SOLUTIONS FOR
SUMMER EXERCISE

VACCINES FOR ADULTS

The COVID-19 pandemic has made us all more aware of the importance of vaccines. Immunizations help prevent the spread of serious diseases that can affect your health, cause you to miss work, and result in medical bills.

Are you up to date on immunizations? In addition to the COVID-19 vaccine, here are the recommendations for other vaccines for adults:

- **Seasonal flu vaccine:** It is recommended that all adults get this vaccine each year, especially if you have a chronic health condition, are pregnant, or are an older adult.
- **Tdap vaccine:** This helps prevent tetanus, diphtheria, and pertussis (whooping cough) and is recommended for adults who did not get it during adolescence. A Td booster is then necessary every 10 years.
- **HPV vaccine:** The Human Papilloma Virus not only causes genital warts but can also cause cervical cancer and other cancers. The HPV vaccine is recommended for preteens and adults 19-26, if not already vaccinated. The vaccine may provide less benefit for those 27 and over since most people have already been exposed.
- **Shingles vaccine:** Adults 50 and over should receive the shingles vaccine since 1 out of every 3 people in the U.S. will develop shingles in their lifetime and it can be very painful.
- **Pneumococcal vaccine:** This is recommended for adults 65 or older to prevent infections such as meningitis, pneumonia, or other bloodstream infections. It's also recommended for those under 65 with a weakened immune system or other risk factors.



Reference:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/vaccines/art-20046750>

MAKING THE Back-to-School TRANSITION EASIER

After a more relaxing summer, getting back into the school routine can be challenging for both kids and parents.

HERE ARE SOME TIPS TO MAKE THIS TRANSITION AS SMOOTH AS POSSIBLE:

- Talk to your child about any fears they may be having since change and uncertainty can make them feel nervous or worried. There may be something you can do to help, but if there isn't, simply listening and validating their feelings can help them feel more at ease.
- Do some back-to-school shopping for clothes, backpacks, school supplies, and other items to help prepare and get your kids excited about returning.
- Get your kids used to the new sleep schedule one or two weeks before school starts.
- Create a morning routine that includes all the steps for getting ready. Depending on their age, it may help to make the routine visible in the form of a list or chart. For younger kids, this can include pictures of the steps, such as getting up, brushing their teeth, getting dressed, eating breakfast, etc.
- Celebrate successes by acknowledging when they complete steps of the routine on their own.

Reference:

<https://www.greenchildmagazine.com/back-to-school-routine/>





Pesto Zoodle Salad

This beautiful, delicious and quick salad has different textures, colors, and will be sure to result in compliments from your family or guests at your next barbecue.

Ingredients

- 8 cups zucchini noodles
- 8 oz. pearled or cubed mozzarella
- 1 cup pesto
- 1-pint cherry tomatoes
- 2 cups shredded chicken
- ¼ cup toasted pine nuts (optional)

Instructions

- In a large bowl, gently toss zucchini noodles with pesto.
- Top with mozzarella, tomatoes, shredded chicken, and pine nuts.

Tips

- You can either boil and shred chicken breasts or, to save time, use a rotisserie chicken.
- You can use store-bought zoodles or make your own with a spiralizer using 4 medium zucchinis. If you're making them yourself, keep them from becoming watery by not cooking them.
- You have the option of using store-bought pesto or making it. Here's how to make your own: Put 2 cups of fresh basil leaves, 2 garlic cloves, ¼ cup pine nuts, ½ teaspoon of salt, and 1 cup Parmigiano-Reggiano cheese into a food processor and blend. While blending on low, slowly pour 1 cup of extra virgin olive oil into the food processor.

BARRIERS & SOLUTIONS FOR SUMMER EXERCISE

It's common to get off track with your workout routines during the summer months for various reasons. In fact, enrollment in exercise classes is lowest in July and August.

Below are four common barriers that can get in the way of your fitness routine and how you can work around them.

Barrier #1: You want to spend more time outdoors instead of inside the gym.

Solution: Shift your routine to outdoor exercises, such as beach volleyball, swimming, tennis, hiking, kayaking, or outdoor pickleball. Be sure to wear sunblock and stay hydrated.

Barrier #2: You have little tolerance for the summer heat.

Solution: This is the opposite of the first barrier. Some people enjoy the sunny weather, but if you don't, you can do more indoor exercise whether it's at the gym or exercising in your home with videos. If you enjoy walking, shift to walking on the treadmill, or even at an indoor mall.

Barrier #3: You will be traveling frequently or taking a long vacation.

Solution: Travel or vacations can make it tempting to get off track with exercise, but it doesn't have to be that way. It's a matter of shifting your mindset and planning. Options include staying at hotels with gyms, packing resistance bands since they take up little space, or going on long sightseeing walks.

Reference:

<https://www.womenshealthmag.com/fitness/a19906956/summer-fitness/>



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August is National Immunization Awareness Month

Get back on track with routine vaccines!
<https://cdc.gov/vaccines/events/niam/index.html>