

Summer Wellness: Tips for a healthy, active summer

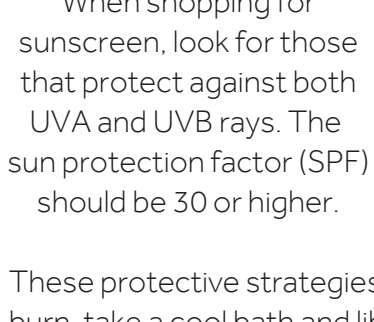


To help you make the most of this summer season, we've gathered practical tips on taking care of your skin during the summer months, creative ways to incorporate workouts into your everyday activities, and how to can fight inflammation through the power of food.

Expert tips for summer skin care

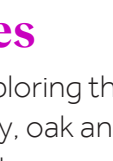
Bask in the sun. Take a dip in the pool. Feel the blades of grass between your toes. Summer's long days are here to enjoy. However, some of the season's best outdoor pastimes can wreak havoc on our skin. Here are some skin concerns you can prevent this season.

Sunburns

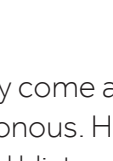


Redness, warmth and tenderness are symptoms of overexposure to the sun's rays. Remember, it may take a few hours for sunburn to appear, and you may not notice the full effect on your skin for 24 hours or more.¹

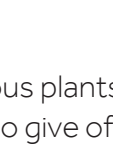
The best treatment for sunburn is prevention.²



When shopping for sunscreen, look for those that protect against both UVA and UVB rays. The sun protection factor (SPF) should be 30 or higher.



Reapply every two hours and more often if you're in or near water.



Look for shade, especially between the hours of 10 a.m. and 2 p.m.

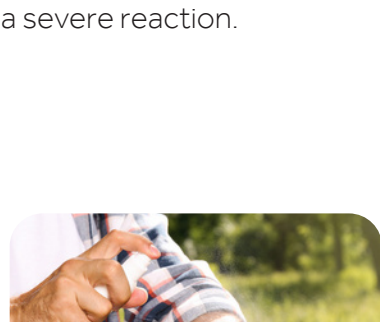


Wear long-sleeved, protective clothing, including a wide-brimmed hat and large sunglasses.

These protective strategies can help prevent skin cancer from developing too. If you're feeling the burn, take a cool bath and liberally apply a non-comedogenic moisturizer. Drink plenty of water and avoid the sun. Bad sunburns can be painful or cause your skin to blister or peel. You may develop fevers or chills. Talk to a doctor if you have any of these symptoms.

Rashes

While exploring the outdoors, you may come across dangerous plants. Poison ivy, oak and sumac aren't poisonous. However, they do give off an oil that causes skin to itch badly and blister.



If you know you've been in contact with these plants in wooded or marshy areas, wash your clothes and skin thoroughly. A reaction of red, itchy and swollen skin will appear within one-to-three days if you've been affected.

Rashes can also occur from chlorine in the pool or a new soap you're using while on vacation. It may take some detective work to determine and remove the cause of your irritation. You can treat rash symptoms with calamine lotion and oatmeal baths. If you get hives, your rash covers the eyes, face, genitals or is severe, talk to a doctor.

Stings



Bee and wasp stings are a threat during summer months. They can cause swelling, itching, a rash or a more serious reaction. If stung, soothe the area by applying a cold compress or ice. If you have trouble breathing, swelling in your lips or arms, or hives, call 911 immediately. These symptoms signal a severe reaction.

Bites

Mosquito bites are a common, yet bothersome, side effect of outdoor fun. Most people get a small bump with some redness or swelling within a day of the bite. Calm the itching with an over-the-counter topical cream. Prevention is effective. Cover up skin, wear a hat and gloves and use a bug repellent with DEET before heading outside.



Other causes and solutions

If your skin is suffering, don't be too quick to blame summer itself. Irritants can come from foods, dyes, perfumes or even certain medications. Talk to a doctor who can help you work through some of these other causes.

Preparing for and taking care of these skin issues will help you have a memorable summer for all the right reasons.

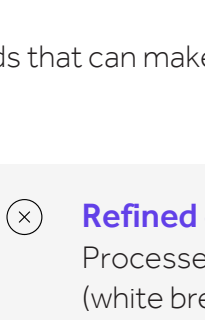
¹<https://www.canada.ca/en/health-canada/services/sun-safety/first-aid-advice-sunburn-heat-illness.html>
²<https://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-basics.html>



Finding workouts in everyday activities

There are enormous benefits to staying physically active.

It helps improve your brain health, manage weight and make your body stronger. There are few lifestyle choices that can affect you more positively than moderate physical activity.¹ Warmer weather means it's enjoyable to spend time outside. For some, that means going for a hike, a run, or a long bicycle ride. Enjoy the fresh air and sunny days. The following are great opportunities for physical activity that are less strenuous but will keep you active.



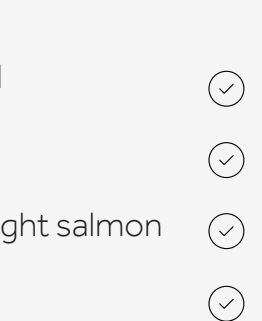
Remember to hydrate.
When exercising, drink water before, during and after your activity.

Please note: Before you start any new exercise routine, talk to your doctor to make sure it's safe.

Here are six common summer everyday activities:

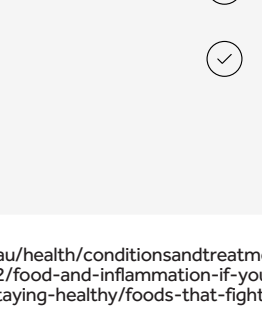
Water walks

If swimming laps in a pool is not your thing, try walking laps or circles in the shallow end. Grab a friend, and rather than sitting on the side of the pool, add some movement for a resistance workout. If you're at the beach, walk on the sand. The workout is harder than walking on the sidewalk.



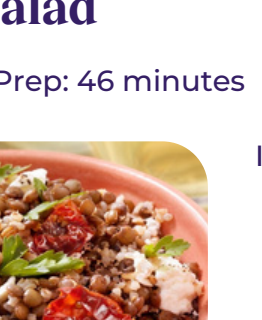
Seasonal decluttering

Deep cleaning your home or garage each season is a perfect way to get moving and get your muscles firing. Who knows, maybe you'll make some room for a new bicycle?



Picking produce

Visit your local farmers market for what's fresh or in season. Even better, visit berry patches and orchards to pick your own produce.



Gardening

Pushing the lawn mower gets you moving. Moving plants, mulch and topsoil around will strengthen your muscles. Seeing the fruits of your labor blooming is good for your mind.



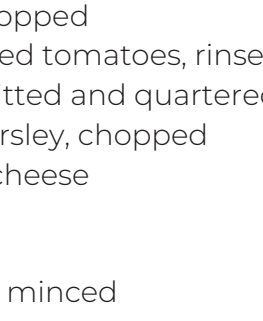
A new commute

Because the weather is warmer and the daylight is longer, add a walk to your commute. Park your car in the far parking lot. Just a 10-minute walk improves your fitness. The walk can also reset your attitude at the end of the day. If you're ambitious, leave the car at home and commute on your bike if there is a safe route.



Puppy playtime

Your pets enjoy nice weather as much as you do. Explore local dog parks and lead your furry friends on off-leash chases.

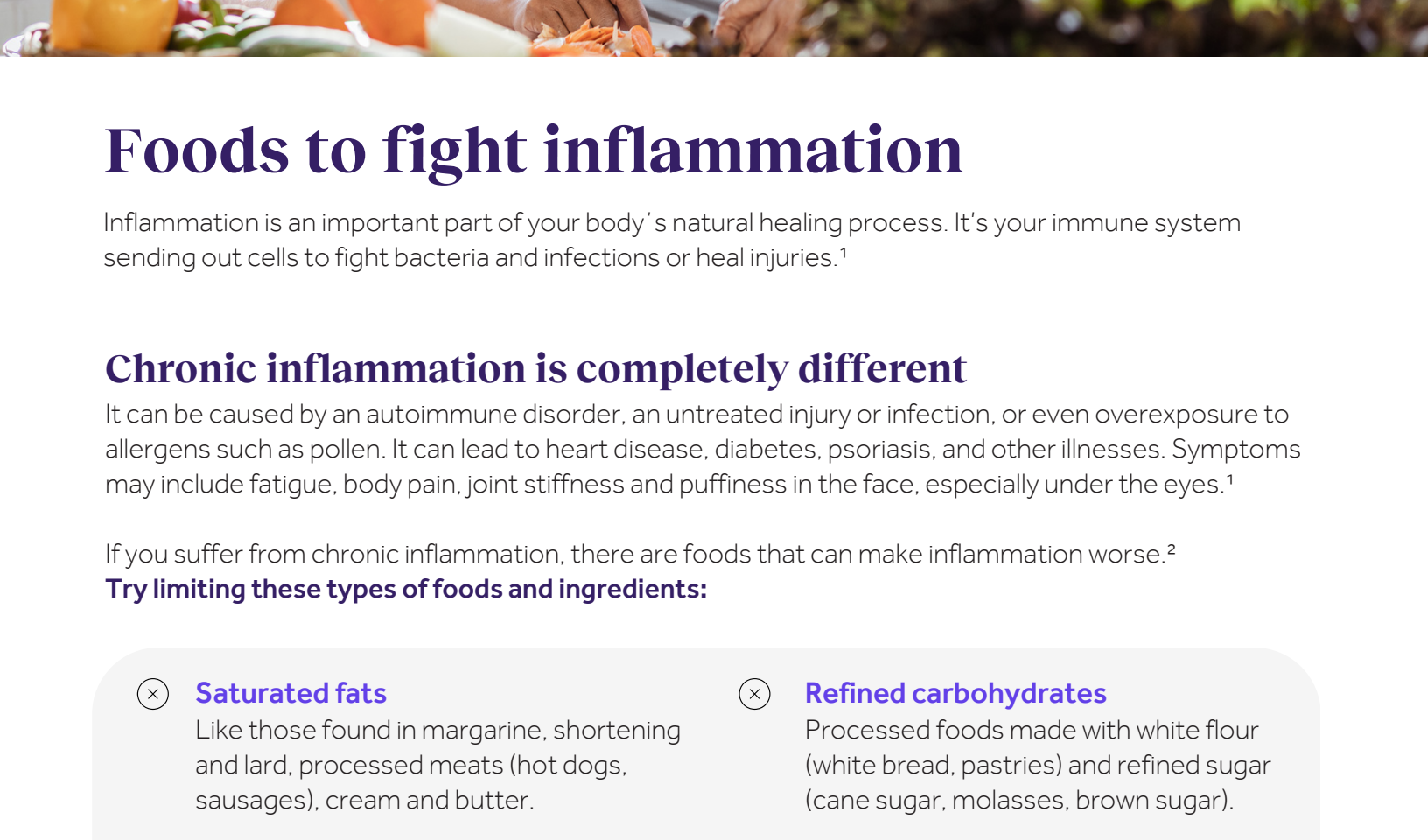


Working out doesn't seem so daunting when you incorporate it into your daily life.

Try these or many more activities. Hopscotch? Jump rope? Running through sprinklers? Washing the car? The list goes on. What are you waiting for? Get moving. Log and keep track of your everyday activities below.

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¹<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mnune-system>
²<https://arthritis.ca/finding-well/2022/food-and-inflammation-if-you-have-arthritis>
³<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>



Foods to fight inflammation

Inflammation is an important part of your body's natural healing process. It's your immune system sending out cells to fight bacteria and infections or heal injuries.¹

Chronic inflammation is completely different

It can be caused by an autoimmune disorder, an untreated injury or infection, or even overexposure to allergens such as pollen. It can lead to heart disease, diabetes, psoriasis, and other illnesses. Symptoms may include fatigue, body pain, joint stiffness and puffiness in the face, especially under the eyes.¹

If you suffer from chronic inflammation, there are foods that can make inflammation worse.² Try limiting these types of foods and ingredients:

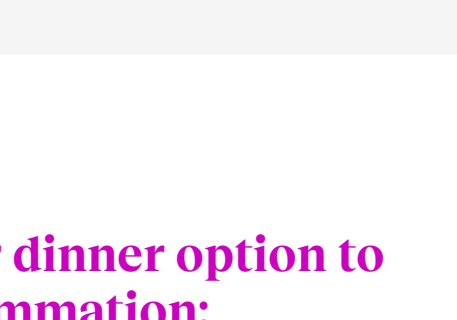
- Saturated fats**
Like those found in margarine, shortening and lard, processed meats (hot dogs, sausages), cream and butter.
- Refined carbohydrates**
Processed foods made with white flour (white bread, pastries) and refined sugar (cane sugar, molasses, brown sugar).
- Trans fats**
Fast foods and fried foods.
- Soda**
And other sweetened beverages.

Eat this instead

Now that you know what not to eat, here's a list of foods that contain anti-inflammatory benefits.³

Fruits and vegetables

- Cherries
- Blueberries
- Collard greens
- Kale
- Oranges
- Spinach
- Strawberries
- Tomatoes



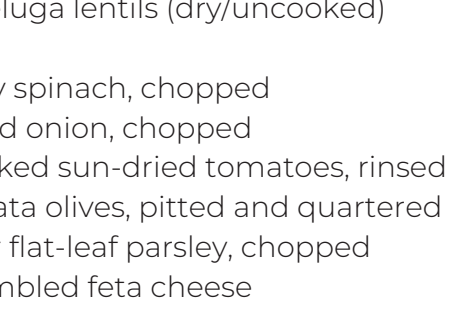
Protein

- Mackerel
- Sardines
- Wild-caught salmon
- Tuna
- Almonds
- Walnuts
- Chia seeds
- Flax seeds



Other foods

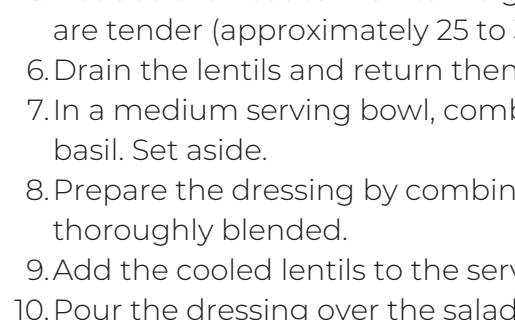
- Coffee
- Extra-virgin olive oil
- Garlic
- Ginger
- Green tea
- Sauerkraut
- Turmeric



Here is a delicious lunch or dinner option to help you fight inflammation:

Greek lentil salad

Makes 4 servings | Prep: 46 minutes



Ingredients

- 1 cup black beluga lentils (dry/uncooked)
- 3 cups water
- 3 cups of baby spinach, chopped
- ½ medium red onion, chopped
- ½ cup oil-packed sun-dried tomatoes, rinsed
- ½ cup Kalamata olives, pitted and quartered
- ½ cup basil or flat-leaf parsley, chopped
- Optional: crumbled feta cheese

Greek dressing

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon tahini
- 2 garlic cloves, pressed or minced
- ½ teaspoon dried oregano
- Salt and black pepper to taste

Preparation

1. Pick through the lentils and remove any debris (like tiny rocks).
2. Rinse the lentils under running water using a fine-mesh colander.
3. Transfer the lentils to a medium saucepan and add water.
4. Bring the mixture to a boil over medium-high heat.
5. Reduce the heat to maintain a gentle simmer and cook, stirring occasionally, until the lentils are tender (approximately 25 to 35 minutes).
6. Drain the lentils and return them to the pot to cool for about 5 minutes.
7. In a medium serving bowl, combine the spinach, red onion, sun-dried tomatoes, olives, and basil. Set aside.
8. Prepare the dressing by combining all of the dressing ingredients and whisking until thoroughly blended.
9. Add the cooled lentils to the serving bowl.
10. Pour the dressing over the salad and toss until blended.
11. Taste the salad and add more salt and pepper if necessary.
12. Serve the salad in individual bowls, optionally sprinkling feta cheese on top.

Nutrition information per 8oz serving

	Calories: 214 Total fat: 16 g Saturated fat: 2 g Sodium: 215 mg Cholesterol: 0 mg Total carbs: 15 g Fiber: 5 g Sugars: 3 g Protein: 6 g Potassium: 441 mg
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