

SUMMER WELLNESS NEWSLETTER

WEST WINDSOR HEALTH DEPARTMENT

serving the communities of West Windsor ■ Robbinsville ■ Hightstown

SUMMER EXERCISE GUIDE

- **REHYDRATE.** Your body can easily lose up to a quart of water an hour while exercising in hot weather. Drink water before, during and after exercising. Since your body can only absorb 8 ounces of cold water every 20 minutes, continue to drink fluids even after you no longer feel thirsty.
- **WEAR LOOSE FITTING CLOTHING** to allow circulation of air between your skin and the environment. Light colored clothing will reflect sunlight. While cotton and linen are natural fabrics, they will absorb moisture (sweat) - synthetic fabrics with a meshlike weave allow moisture to be whisked away from your skin.
- **AVOID THE “PEAK” HOURS.** Exercise in the morning or evening to avoid the most intense heat as well as the highest smog and ozone levels. Very humid weather hampers perspiration’s ability to cool your body: consider a brisk walk inside a shopping mall.
- **WALK!** Invest in a good pair of walking shoes ... it’s the only “equipment” you will need. Gently stretch for 5 minutes before starting

your walk. When fitness walking, reduce your pace for the last 5 minutes then gently stretch for 5 minutes to prevent soreness.

- Add variety to your **USUAL EXERCISE ROUTINE.** Try a new exercise or activity: hike, canoe, rollerblade or bike.



- **COOL OFF IN THE WATER.** While the buoyancy of the water helps support your body weight by making it easier on your joints, it also adds natural resistance that helps tone and strengthen muscles.
- **WATCH OUT FOR HEAT STROKE.** Symptoms appear rapidly: look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconsciousness. Lower body temperature as quickly as possible. ***Heat stroke can be fatal: seek immediate medical attention.***

SAFETY TIPS

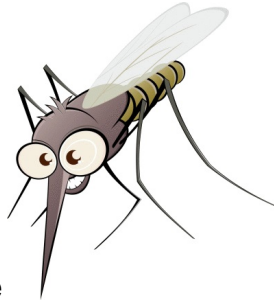
- Drivers need to see bikers and joggers at a distance of 550 feet to safely stop. After dark, wear reflective clothing or tape since white clothing is only visible up to a distance of 220 feet.
- Don’t forget your helmet when using a scooter, bicycle, skateboard or rollerblading. Wearing a helmet reduces the risk of head injury by 85% and the risk of brain injury by almost 90%.
- ALWAYS supervise children around water: of the 350 children under age 5 who accidentally drown in a residential pool every year, most were last seen in the house within 5 minutes of the accident. Secure all pools with a locked gate.

There are 1440 minutes in every day... schedule 30 of them for physical activity!

BUGS, BUGS, BUGS

WEST NILE VIRUS (WNV)

is transmitted through the bite of an infected common house mosquito (*Culex Pipiens*).



- Avoid shaded areas where mosquitoes may be resting. Limit outdoor activities in the evening when mosquitos are most active.
- If weather permits, wear protective clothing such a long sleeved shirts and pants.
- Remove all sources of standing or stagnant water. Mosquitoes will breed in any standing water or puddle that lasts more than 4 days!
 - Dispose of tin cans, plastic containers, ceramic pots and old, discarded tires. One tire can produce tens of thousands of mosquitos in a single season.
 - Drill extra holes in the bottom of recycling containers that are left outdoors.
 - Inspect and clean clogged roof gutters every year before mosquito season begins.
 - Eliminate standing water that collects in wheelbarrows, wading pools, birdbaths and buckets. Cover children's sandboxes when not being used.
 - Aerate water gardens and ornamental pools to keep water moving.

LYME DISEASE is caused by a bacteria called *Borrelia burgdorferi* carried by an infected deer (blacklegged) tick. It is only transmitted by a tick bite. Deer ticks are tiny - the size of a poppy or a sesame seed.

- Avoid wooded areas with dense shrubs and leaf litter where ticks like to hide.
- Wear light colored clothing when you go into the woods. Wear long sleeved shirts and pants instead of shorts. Tuck your pant legs into your socks for added protection.
- Conduct a nightly "Tick Check" by carefully examining your skin and your children's skin (body and scalp).
- If you find a tick imbedded in your skin ... **DON'T PANIC**. Using a pair of tweezers, grasp the tick body as close to the skin as possible and gently remove. Wash the area with soap and apply antibiotic ointment.

Insect repellents with **DEET** (N,-diethyl-m-tolumide) can help prevent tick and mosquito bites. Use all products according to the manufacturer's instructions:

- Frequent application and saturation of skin increase the risk of adverse reactions and do NOT increase effectiveness.
- Do not apply repellents to portions of children's hands that are likely to have contact with their eyes or mouth. If you must apply repellent to the face area, spray on your hands first and then apply carefully to the neck and hair.
- Do not apply DEET to damaged skin (psoriasis, eczema, sunburn or cuts).
- If you suspect a reaction to an insect repellent, wash the affected skin and then call your doctor.
- Call the National Pesticide Information Center at 800-858-7378 for more information.



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Jill Swanson - Health Officer



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www.westwindsornj.org/healthmain.html

QUICK 'N EASY SUMMER SUPPERS



1. Barbecue once ... eat twice (or more)

- Grill boneless chicken breasts with tonight's salmon and tomorrow's grilled chicken Caesar salad will only take five minutes to prepare.
- Grill a peppered pork tenderloin with tonight's chicken sausages, and you can make pulled pork or sliced pork tenderloin and tomato sandwiches tomorrow night.
- Grill shrimp and veggie kabobs or chicken satay skewers with tonight's turkey burgers. Reheat in the microwave and serve with quick cooking couscous or quinoa.

2. Slap Together a Sandwich Supper

- Keep your kitchen cool: melt low fat cheese on an open-faced sandwich in your toaster oven, or press a closed sandwich in a panini maker or *George Foreman* grill.
- Pile on the veggies: add tomato slices, thin sweet or hot pepper rings, shredded carrots or napa cabbage, and grilled eggplant or zucchini planks.
- Dress up a sandwich by adding:
 - Roasted sweet red or hot peppers, or sundried tomatoes
 - Sweet fruit chutney or a spicy salsa
 - Flavored olive oil and balsamic vinegar
 - Basil (pesto) or olive (tapanada) spread

3. Summer Salad + Protein = Instant Meal



Start with romaine lettuce, baby spinach or a spring mix - add peppers, carrots, broccoli florets, pea pods and tomatoes. Add a protein source and your veggie salad becomes a "no fuss" main meal. Here are some ideas for easy add-ons:

- Roasted turkey, thickly sliced extra lean ham or roast beef from the deli, cut into strips or cubes
- A can of water packed tuna, salmon or sardines; a pouch of seasoned tuna
- Defrosted pre-cooked shrimp
- A can of beans - black, kidney, pink or garbanzo - plus frozen or canned corn
- Shredded meat from a home cooked or supermarket rotisserie roasted chicken
- Tofu - cooked, flavored and ready to dice
- Roasted walnuts, pecans or almonds are a perfect topper to a main dish salad - they add fiber and protein along with some crunch
- Sliced or diced low fat cheddar, swiss or feta cheese
- Chopped or sliced hard boiled eggs

STAY HYDRATED

FLAVORED ICED COFFEE: Chill coffee (regular or decaf), add low fat milk & ice and serve. Mix cinnamon, cocoa powder, dried orange peel, or mint into the coffee grounds for a flavor burst.

SUN TEA: Put two tea bags in a half gallon of water, cover and let sit for an hour on a sunny windowsill. Chill and serve. Mix it up: combine black tea with a flavored variety, use green tea or caffeine free herbal tea.

HOMEMADE JUICE POPS: Not technically a drink, but a refreshing treat that's all natural. Fill an ice pop maker with juice, your favorite Fruit Smoothie or herbal ice tea with a little chopped fruit: freeze and serve.

Don't forget WATER!! Freeze water bottles the night before and use to cool on-the-go lunches until they thaw.

LAWN MOWER SAFETY TIPS

A power lawn mower can be one of the most dangerous tools around the home. Lawn mower injuries can result in amputation, disfigurement, sight loss and other serious wounds. Follow these safety tips to prevent injuries:

- Prepare the lawn before mowing. Remove debris, sticks, rocks or any other potential flying objects from the area to be mowed.
- Fill the gas tank outdoors when the engine is cool. Never fill the tank in a garage or shed because of the danger of gasoline fumes. Turn off the mower and let the motor cool before filling the fuel tank. Always transport fuel in an approved safety gas can.
- Gasoline is a carcinogen (cancer causing agent) and a mutagen (can cause cells to mutate). When working with gasoline, work in a ventilated area, wear gloves and wash your hands thoroughly with soap and water when you are finished, even if you wore gloves.
- Always use protective eyewear. Earplugs and other forms of hearing protection are a good idea, but don't listen to portable music players to try and drown out the mower noise.
- Power mowers are especially dangerous on inclines. Push walk-behind mowers across (not down) slopes; drive riding mowers up and down slopes.
- Tennis shoes and sandals are not suitable footwear for mowing. Wear heavy boots, ideally those with a steel toe, so that feet have some protection.
- Never carry a child while on a riding mower. If the child falls off but the driver remains on the mower, the automatic shut-off probably won't be activated.
- Make sure the mower is turned off before reaching underneath to remove grass clumps or debris. Many experts recommend using a bagging mower to collect grass clippings.
- Keep children in the house or in another supervised area of the yard while mowing, using an electric hedge clipper or weed whacker.
- Children should be at least 12 years old to operate a push mower and at least 14 years old to operate a riding mower.



- Wear sunscreen with at least a 15 SPF. Avoid mowing midday (between 10 AM and 3 PM) when the sun is the strongest.
- Mowing can be hot work, so stay hydrated with lots of water, ice tea or lemonade. Wait until after finishing to have a beer or other alcoholic beverages.