

Hydrate For an Active Summer

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For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org

Like us on Facebook!



July 2017





Why is Physical Activity Important?

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun



When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

Some types of physical activity are especially beneficial:

- Aerobic activities make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.
- Muscle-strengthening activities make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- Bone-strengthening activities make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- Balance and stretching activities enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.



5th Annual Get Healthy CT National Dance Day Celebration

Free
Family
Event!!

**SATURDAY,
July 29
10:00 AM-1:00 PM**

Paradise Green in Stratford
(Corner of Main St & Huntington Rd)



Raffle
Prizes &
Dancing!

**Featuring demonstrations by local dance studios, raffle drawings,
health and wellness vendors, lots of dancing & much more!**

Rain Location: The Star Factory, 3520 Main Street, Stratford

**Please bring a healthy food donation item to
benefit a local food pantry.**

**See the donation list on the back of this flyer for
healthy food donation ideas.**

Visit www.GetHealthyCT.org



Find us on:
facebook®



Recommended Healthy Foods List for Food Donations



Do you know, in Connecticut over 734,000 residents live below the poverty level and 1 in every 8 people struggles with hunger. Often these people rely on food pantries and soup kitchens to provide them with food on a regular basis. To feed those in need, local feeding programs rely on donations which are often processed foods, high in salt and sugar, but not nutrition. Poor diet and limited food choices can ultimately lead to poor health outcomes to those already struggling in their everyday lives. Together, we can make a difference in the health of our communities by encouraging healthier food donations.

Protein

- Natural peanut butter (2g or less saturated fat)
- Unsalted, dry roasted nuts or seeds
- Low-sodium or no salt added canned or dried beans, peas, lentils
- Canned tuna, salmon or chicken in water

Whole Grains

- Whole grain crackers, tortillas, corn tortillas (3g or more fiber)
- Whole grain or whole wheat pasta
- Brown rice, wild rice or low-sodium packaged rice
- Whole grain, low sugar cereal (less than 6g of sugar, 3g or more fiber)

Vegetables

- Low-sodium or no-salt added canned vegetables
- Low-sodium spaghetti sauce (less than 481mg sodium, less than 8g of sugar)
- Pasta and sauce, canned (less than 481mg sodium, less than 8g of sugar)
- Vegetable soups or stews (less than 480mg sodium)

Fruit

- Canned fruit packed in 100% fruit juice or water
- Unsweetened dried fruit (such as raisins, not fruit leather or roll ups)
- Unsweetened apple sauce
- 100% fruit spread
- 100% fruit juice

Other

- Vegetable, olive, or canola oil
- Shelf-stable low-fat or fat free milk (such as Parmalat)
- Non-creamy salad dressings/vinegar (lite)
- Popcorn kernels or microwavable popcorn 94% fat free
- Unsweetened cooked cereals: oatmeal, whole grain cream of wheat
- Dried herbs and spices
- Tea bags, coffee, water, seltzer

**For more information, please visit GetHealthyCT.org
Let's work together to help make the healthy choice the easy choice!**

Splash into Summer with Seasonal Hydration



Summertime brings beautiful sunny days and warm weather – it's the perfect time to hit the refresh button by drinking more water and eating more seasonal produce to help keep you hydrated! Spending time outdoors in the hot sun can cause you to perspire more and may lead to dehydration. For every one pound of sweat you lose, you will need to replenish it with one pint of water.¹

According to the American Heart Association, dehydration is not to be taken lightly as it can be a very serious condition with symptoms ranging from swollen feet and headache to heat cramps and heat stroke. Heat injuries occur when the body reaches a temperature of 104°F or higher and the elderly, young children, and athletes are most at risk for heat stroke.

Use the following tips to make sure you and your loved ones don't become victims:

- Dry mouth is one of the first signs of dehydration. Whenever you start to feel thirsty your body is telling you that you need to refill your fluid stores.
- Adults should aim to drink at least 8 cups of water each day. Depending on their age, children need approximately 6-8 cups of water daily.
- For every 15 minutes of exercise you should be consuming 8oz, or about one cup, of water.²
- Not a fan of plain water? Add sliced lemon, lime, mint and berries to your water to kick it up a notch. Coconut water and electrolyte-containing sports drinks can also rehydrate you, but just be mindful that these beverages contain sugar and calories.
- Consuming fresh produce is another great way to stay hydrated as many fruits and vegetables contain a large amount of water. During the summer CT produces many seasonal crops – try munching on raspberries, strawberries, watermelon, cantaloupe, cucumber, and celery to hydrate with food.

For more information: <http://www.naturalhydrationcouncil.org.uk/hydration-facts/>

Sources:

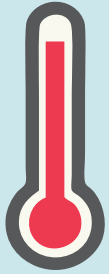
1.) Bernhardt B. Cracking the code on sweat rates. Active Website. <http://www.active.com/triathlon/articles/cracking-the-code-on-sweat-rates>. Accessed June 10, 2017.

2.) Shaw G. Water tips for efficient exercise. WebMD Website. <http://www.webmd.com/fitness-exercise/features/water-for-exercise-fitness#2>. Published July 7, 2009. Accessed June 10, 2017.

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HEATSTROKE OR STROKE?

WHAT IS IT?



Heatstroke occurs when core body temperature rises to more than

104°F¹

A stroke occurs when a blood vessel to the brain is either blocked by a clot or bursts.

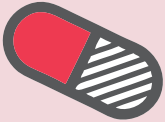


The disruption of blood and oxygen to the brain causes brain cells to die.

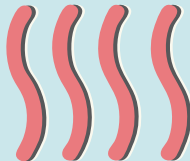
CAUSES

Some people may be at higher risk due to:

Weight
Age
Medical history
Medications they are taking²



Being outside in
**EXCESSIVE
HEAT**



80% OF STROKES ARE PREVENTABLE

Some risk factors that can be treated or controlled:

Heart disease
Obesity
Diabetes
Poor diet

High blood pressure
Cigarette smoking
Atrial fibrillation
High cholesterol

Some risk factors that can't be changed:

Age
Family history

Race
Gender
Medical history

SIGNS

HIGH BODY TEMPERATURE

A body temperature of 104° F or higher is the main sign.

- Muscle cramps or weakness
- Strong and rapid pulse
- Rapid, shallow breathing
- Nausea and/or vomiting
- Confusion and/or unconsciousness
- Headache
- Flushed/red skin
- Hot and dry skin³ (if not exercising)

F. A. S. T.

Face Drooping

Arm Weakness

Speech Difficulty

Time to Call 9-1-1

* Additional signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

WHAT TO DO

While waiting for emergency care, try to cool the person by moving him/her to a shaded area and by using ice packs, cold wet towels and/or a fan.³

CALL 9-1-1
OR YOUR LOCAL EMERGENCY SERVICES NUMBER IMMEDIATELY

Stroke patients who arrive at the hospital by ambulance have a greater chance of living through the stroke, and a greater chance of preserving independence and having a full recovery.

(1) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/definition/con-20032814>

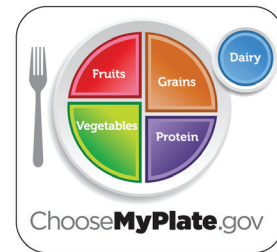
(2) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/risk-factors/con-20032814>

(3) <http://www.mayoclinic.org/diseases-conditions/heat-stroke/basics/symptoms/con-20032814>

© 2014, American Heart Association.

be a healthy role model for children

10 tips for setting good examples



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

dé buen ejemplo de salud a los niños

10 consejos para dar buenos ejemplos



Usted es la influencia más importante para sus hijos. Puede hacer muchas cosas para ayudar a sus hijos a desarrollar hábitos de alimentación sana, para toda la vida. Ofrecer una variedad de comidas ayuda a los niños a obtener los nutrientes que necesitan de cada grupo de alimentos. También tendrán mayores probabilidades de querer probar alimentos nuevos y que estos les gusten. Cuando los niños desarrollan un gusto por muchos tipos distintos de alimentos, es más fácil planificar las comidas de la familia. ¡Cocinen juntos, coman juntos, hablen y hagan que las comidas sean tiempos dedicados a la familia!

1 eduque con su ejemplo

Coma vegetales, frutas y granos integrales en las comidas o como bocadillos. Deje que su hijo vea que a usted le gusta comer vegetales frescos.



2 vayan de compra juntos

Ir de compras de comestibles puede educar a sus hijos sobre los alimentos y la nutrición. Hablen sobre de dónde provienen los vegetales, las frutas, los granos, los productos lácteos y las proteínas. Permita que sus hijos tomen decisiones saludables.

3 sea creativo en la cocina

Use moldes para galletitas para cortar los alimentos en formas divertidas y fáciles. Nombre los alimentos que sus hijos ayuden a preparar. Sirva la “ensalada de Janie” o los “camotes de Jackie” a la cena. Anime a sus hijos a inventarse bocadillos nuevos. Prepare sus propias mezclas de nueces y frutas con granos integrales secos, cereales con bajo contenido de azúcar y frutas secas.

4 ofrézcales los mismos alimentos a todos

Deje de “cocinar a la carta” al preparar varios platos distintos para complacer a los niños. Es más fácil planear las comidas familiares cuando todos comen lo mismo.



5 recompense con atención, no con comida

Demuestre su amor con abrazos y besos. Consuele con abrazos y conversaciones. No ofrezca dulces como recompensas. Eso permite que sus hijos comiencen a pensar que los postres son mejores que otros alimentos. Si no se comen la comida, los niños no necesitan “otras cosas”, como dulces o galletitas, para reemplazarla.

6 en la mesa enfóquese en la familia

Hable sobre temas divertidos y felices a la hora de comer. Apague el televisor. No conteste el teléfono. Intente hacer que la hora de comida sea un período libre de estrés.



7 preste atención a sus hijos

Si sus hijos dicen que tienen hambre, ofrézcales bocadillos pequeños y sanos, aunque no sea hora de comer. Ofrezca opciones. Pregunte “¿Qué les gustaría en la cena: brócoli o coliflor?” en lugar de decir “¿Quieren brócoli con la cena?”

8 limite el tiempo frente a una pantalla

No permita más de 2 horas al día frente a la televisión o la computadora. Levántese y muévase durante los anuncios para hacer algo de actividad física.

9 anime la actividad física

Haga que la actividad física sea divertida para toda la familia. Involucre a sus hijos en la planificación. Camine, corra y juegue con sus hijos, en lugar de sólo observar. Dé el ejemplo al estar físicamente activo y usar equipo de seguridad, como cascos de bicicleta.



10 dé el buen ejemplo de alimentación

Pruebe alimentos nuevos también. Describa el sabor, la textura y el olor. Ofrezca un alimento nuevo a la vez. Sirva un alimento nuevo con algún otro que les guste a sus hijos. Ofrezca alimentos nuevos al empezar a comer, cuando sus hijos tienen mucha hambre. Evite las discusiones o el forzar a sus hijos a comer.



Fluid Facts for Kids

Although plain drinking water is a clear choice for proper hydration, it's not the only choice. The water in other beverages such as milk, juice, sports drinks and soft drinks—and even in foods, such as yogurt and ice cream and caffeinated beverages like coffee and tea—contribute to the body's water needs the same way plain water does.

Your children's daily water needs will vary depending on their age, gender, physical activity level, the temperature outside, and their health, including whether they have a temperature on a given day. Generally, healthy kids who aren't involved in rigorous physical activity or sports get enough water by drinking when they're thirsty and eating a balanced diet.

Check out the nutrition chart below for guidelines on adequate daily water intake for kids from beverages and foods. Then, tap into the tips below to help your kids drink up for good health.

- **Keep fluids flowing.** Offer smaller amounts of beverages throughout the day, rather than large amounts at one time. This keeps kids hydrated, but not so full from fluids that they're not hungry at mealtime. Be mindful of the types of beverages you choose. Beverages with added sugars and calories, but few other nutrients, should be occasional choices.
- **Make fluids fun.** For littler kids, serve beverages in colorful glasses and use crazy-shaped loopy straws.
- **Let kids pick their own water bottle.** They'll be more excited to carry beverages to school, sports and other activities. ***Tip:*** To keep beverages chilled, freeze half the fluid in the bottle overnight and then top off the bottle in the morning.
- **Use caution when it's hot outside, especially for active kids.** In high temperatures, kids don't sweat as much as adults do, so it's harder for them to cool off. This makes them more at risk for dehydration and heat exhaustion. When it's hot out and kids are playing sports—or even just actively playing—head off problems by making sure they drink fluids before, during and after activity. As a guideline, encourage at least 4 ounces of fluid every 15-20 minutes, or whenever there's a break or time-out. ***Tip:*** One ounce equals about one "gulp."
- **Use caution when it's cold, too.** Kids who play winter sports or play actively outside in cold, dry environments may sweat more too, especially when wearing lots of layers or protective gear. So, follow the same fluid guidelines as for hot weather.

- **Slip in watery foods.** Serve soups and juicy fruits and veggies like cherry tomatoes, cucumber slices, lettuce, watermelon, oranges, grapes, peaches and strawberries. Can also add lemon, lime or orange slices to water to flavor them naturally.

(Source: DRI Report, 2004)

Guidelines for Adequate Daily Water Intake for Kids

The chart below shows approximately how much water kids of different ages and genders need daily for proper hydration. Water can come from beverages such as drinking water, milk and juice, and from foods. Physically active kids need more water, especially in higher temperatures.

Age Group	Total Water (approx. cups)	Water from Beverages (approx. cups)	Water from Foods (approx. cups)
Children 1 - 3	5 ½	4	1 ½
Children 4 – 8	7	5	2
Girls 9 – 13	9	7	2
Boys 9 – 13	10	8	2
Girls 14 – 18	10	8	2
Boys 14 – 18	14	11	3

Source:

https://wicworks.fns.usda.gov/wicworks/Sharing_Center/WY/Hydration/Display_Elements/hydrationfluidfacts.pdf



Hydrate Right During Physical Activity

Reviewed by Sharon Denny, MS, RDN

Published March 23, 2015

Proper hydration is one of the most important aspects of healthy physical activity. Drinking the right amount of fluids before, during and after physical activity is vital to providing your body the fluids it needs to perform properly. Sports dietitians assist athletes by developing individualized hydration plans that enhance performance in training and competition while minimizing risks for dehydration, over-hydration and heat illness and injury.

Hydration Goal

The overall goal is to minimize dehydration without over-drinking. Adequate hydration varies among individuals. Practical ways to monitor hydration are:

- *Urine color.* The color of the first morning's urine void after awakening is an overall indicator of hydration status. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice, indicates dehydration. Dark urine is often produced soon after consuming vitamin supplements.
- *Sweat loss.* Change in body weight before and after exercise is used to estimate sweat loss. Since an athlete's sweat loss during exercise is an indicator of hydration status, athletes are advised to follow customized fluid replacement plans that consider thirst, urine color, fluid intake, sweat loss and body weight changes that occur during exercise.

Minimize Dehydration

Dehydration can occur in virtually every physical activity scenario. It doesn't have to be hot. You don't have to have visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day.

Dehydration results when athletes fail to adequately replace fluid lost through sweating. Since dehydration that exceeds 2 percent body weight loss harms exercise performance, athletes are advised to begin exercise well hydrated, minimize dehydration during exercise and replace fluid losses after exercise.

Be alert for conditions that increase your fluid loss through sweat.

- *Air Temperature:* The higher the temperature, the greater your sweat losses.
- *Intensity:* The harder you work out, the more you perspire.
- *Body Size and Gender:* Larger people sweat more. Men generally sweat more than women.
- *Duration:* The longer the workout, the more fluid loss.
- *Fitness:* Well-trained athletes perspire more than less fit people. Why? Athletes cool their bodies through sweat more efficiently than most people because their bodies are used to the extra stress. Thus, fluid needs are higher for highly trained athletes than for less fit individuals.

Remember swimmers sweat, too. Like any athletic activity, when you swim, your body temperature rises and your body sweats to keep from overheating. You may not notice because you are in the water, but you can become dehydrated. Swimmers, from competitive athletes to families splashing around, need to drink fluids before, during and after swimming, even if you don't feel thirsty.

Warning Signs: Know the signs of dehydration

Early signs are:

- Thirst
- Flushed skin
- Premature fatigue
- Increased body temperature
- Faster breathing and pulse rate
- Increased perception of effort
- Decreased exercise capacity

Later signs include:

- Dizziness
- Increased weakness
- Labored breathing with exercise

Fluid Replacement

Replace fluids during exercise to promote adequate hydration. Drink water rather than pouring it over your head. Drinking is the only way to rehydrate and cool your body from the inside out. Sports drinks are more appropriate than water for athletes engaged in moderate- to high-intensity exercise that lasts an hour or longer. Rehydrate after exercise by drinking enough fluid to replace fluid losses during exercise.

Reviewed March 2015

Source: <http://www.eatright.org/resource/fitness/sports-and-performance/hydrate-right/hydrate-right>



United States Department of Agriculture



**MyPlate
MyWins**

An active lifestyle

Being more physically active is one of the best things you can do for your health, and it doesn't have to be hard or involve the gym.



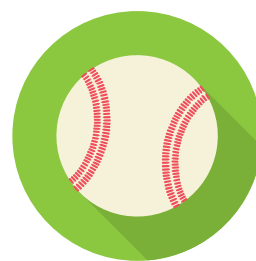
Get social

Get active with your friends instead of going out to eat. Go for a hike, walk around the mall, or play an exercise-themed video game.



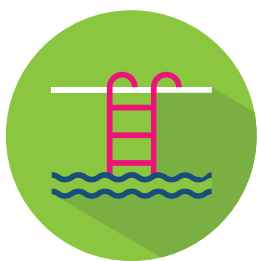
Move more at work

Fit more activity into the workday. Stand during phone calls, use a printer farther from your desk, and get up to stretch each hour.



Do something new

Develop a new skill to kick-start your motivation. Sign up for a class to learn how to salsa dance, surf, do tai chi, or play a sport.



Keep cool in the pool

Don't like to sweat? Hit the local community pool for a swim, water polo, or water aerobics class to stay cool while exercising.



Stay on track

Use [SuperTracker.usda.gov](https://www.supertracker.usda.gov) to track your activity. Sync your FITBIT® for easy entry and join a challenge for friendly competition.



List more tips



United States Department of Agriculture



MiPlato ✓
MisVictorias

Un estilo de vida activo

Ser más activa físicamente es una de las mejores cosas que puede hacer por su salud, y no tiene que ser difícil ni involucrar al gimnasio.



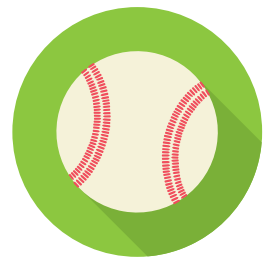
Socialice

Realice actividades físicas con sus amigas y amigos en lugar de salir a comer. Vaya a dar una caminata, camine por el centro comercial o juegue con un videojuego de ejercicio.



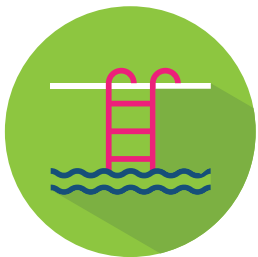
Muévase más en el trabajo

Meta más actividad en la jornada laboral. Esté parada durante las llamadas telefónicas, use una impresora lejos de su escritorio y levántese para estirarse cada hora.



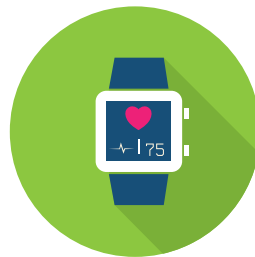
Haga algo nuevo

Desarrolle una nueva habilidad para comenzar su motivación. Inscribse en una clase para aprender a bailar salsa, haga surf, haga tai chi o participe en un deporte.



Manténgase fresca en la piscina

¿No le gusta sudar? Vaya a la piscina de la comunidad local para nadar, a clases de water polo o clases de aeróbic acuático para mantenerse fresca mientras hace ejercicio.



No se salga de la pista

Use [SuperTracker.usda.gov](https://www.supertracker.usda.gov) para hacer el seguimiento de su actividad. Sincronice su FITBIT® para facilitar la entrada y unirse a un desafío de competencia amistosa.



Listar más consejos

MPMW Tipsheet No. 4-S
Octubre 2016

Center for Nutrition Policy and Promotion

El USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades.

Basado en las Guías Alimentarias para los Estadounidenses
Visite [ChooseMyPlate.gov](https://www.choosemyplate.gov) para obtener más información.

8 Infused Water Recipes to Upgrade Your H2O

Infused waters can upgrade the flavor without any nutritional drawbacks. You just let fruit and herbs sit in water for a few hours and voila! A delicious, healthy alternative to water. To prove it, we've got 8 delicious fruit and herb combinations.

Berry, Peach & Coconut

Ingredients:

- 1 cup organic blueberries
- 1 cup organic blackberries
- 2 doughnut peaches, pitted and cut into half-inch wedges
- 6 cups spring or filtered water
- 2 cups unsweetened organic coconut water
- 1 gallon clean glass jar with lid

Directions: 1. Place blueberries and blackberries into the bottom of your jar, then the peach slices on top.
2. Pour the spring water and coconut water into the jar. Stir the water, cover with a lid and put water into the refrigerator for at least one hour or overnight for the best flavor. Drink within two days. Makes 64 ounces, *Recipe provided by [A Harmony Healing](#)*

Kiwi Cocktail

Ingredients:

- 3-4 ripe kiwis, peeled and thinly sliced (or crushed for more flavor)
- 2 quarts filtered or spring water

Directions:

1. Add the sliced kiwis to a 64-ounce Mason jar or pitcher.
2. Add the filtered water.
3. Refrigerate until cold and enjoy.

Recipe provided by [Define Bottle](#)



Mixed Melon Melody

Ingredients:

- 1 cup cantaloupe pieces
- 1 cup watermelon pieces
- 1 cup honeydew pieces
- 2 quarts filtered or spring water



Directions: 1. Add your melons to a 64-ounce Mason jar or pitcher. 2. Pour the water over top and chill. Serve over ice.

Recipe provided by [Define Bottle](#)

Orange, Strawberry & Mint

Ingredients:

- 1/4 cup fresh mint
- 1/2 cup strawberries, sliced
- 1/2 orange, sliced
- 16 ounces filtered water

Directions: 1. Place all fruits and herbs into the mason jar.
2. Fill to top with water. 3. Seal mason jar tightly and let it sit overnight in the refrigerator. *Recipe provided by [Eat, Drink, Shop, Love](#)*

Pineapple Ginger Delight

Ingredients:

1 cup fresh pineapple pieces (crushed for more a sweeter taste)
1-inch piece ginger, thinly sliced
2 quarts filtered or spring water

Directions:

1. Add the pineapple and ginger to a 64-ounce Mason jar or pitcher.
2. Pour the water over top and refrigerate until cold.
Serve over ice.

Recipe provided by [Define Bottle](#)

Cucumber Lavender Mixer

Ingredients:

1 cucumber, thinly sliced
1 teaspoon dried culinary lavender, or 2 fresh lavender sprigs
2 quarts filtered or spring water

Directions:

1. Add the cucumbers and lavender to a 64-ounce Mason jar or pitcher.
2. Add the filtered water. If using dried lavender, strain before serving.
3. Refrigerate until cold and enjoy.

Recipe provided by [Define Bottle](#)

Raspberry Lemon

Ingredients:

2 cups organic raspberries
8 cups spring or filtered water
1 large organic lemon, cut into half-inch slices
2 dried Medjool dates
1 gallon clean glass jar with lid

**Directions**

1. Place raspberries into the bottom of your jar. Add the dates, then layer the lemon slices on top. Pour water into jar and place lid on top.
2. Place water into the refrigerator and let infuse for 1 hour.

Recipe provided by [A Harmony Healing](#)

Strawberry, Basil & Cucumber

Ingredients:

3 basil leaves roughly chopped
1 strawberry sliced
3-5 slices of cucumber
Ice
Water

**Directions:**

1. Combine all the ingredients in a large glass, and let sit for at least 5 minutes before enjoying.

Recipe provided by [Budget Savvy Diva](#)

Fact Sheet

Extreme Heat

NIMS Integration Center
U.S. Department of Homeland Security
500 C Street, SW
Washington, DC 20472



FEMA

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the “urban heat island effect.”

Know Your Risk and What to Do

- Contact your local emergency management office to learn about community emergency plans and what you should include in yours.
- Get additional information from the U.S. Department of Homeland Security (www.ready.gov), the American Red Cross (www.redcross.org) and the Federal Emergency Management Agency (www.fema.gov).
- Inquire about emergency plans and procedures at your child’s school, at your workplace and at any institution where a member of your family is resident or receives care on a regular basis.
- Make a family disaster plan that includes out-of-town contacts and locations to reunite if you become separated. Be sure everyone knows home, work and cell phone numbers, and how to call 9-1-1.
- Assemble a 3-day disaster supplies kit with food, water, medical supplies, battery-powered radio and NOAA Weather Radio All Hazards, batteries, flashlights, and other items. If you have space and you are concerned about situations that might require lengthy shelter, consider storing food and water supplies for up to a month. For more information about assembling a disaster supplies kit, visit www.fema.gov/areyouready/.
- Gather important documents such as birth and marriage certificates, social security cards, passports, wills, deeds, and financial and insurance records. Store them in a fire- and water-safe location or safe deposit box.

Before Extreme Heat

- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.) Install temporary window reflectors between windows and drapes, such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in. Keep storm windows up all year.

During Extreme Heat

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, movie theaters, shopping malls, and other community facilities.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid-restricted diets, or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Check on family, friends, and neighbors who do not have air conditioning and who spend their time alone.
- Never leave children or pets alone in closed vehicles.

Know the Terms

- **Heat Cramps** – Muscular pains and spasms due to heavy exertion. Heat cramps are often the first signal that the body is having trouble with the heat.
- **Heat Exhaustion** – Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.
- **Heat Stroke (also Sun Stroke)** – A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Signals of Heat Emergencies

- **Heat exhaustion:** Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- **Heat stroke:** Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high-- as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry.

Treatment of Heat Emergencies

- **Heat cramps:** Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.
- **Heat exhaustion:** Get the person to a cooler place and have him or her rest in a comfortable position. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Watch carefully for changes in his/her condition.
- **Heat stroke:** Heat stroke is a life-threatening situation. Help is needed fast. Call 9-1-1 or your local emergency number. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or if there are changes in the level of consciousness, do not give anything to eat or drink.

The Recovery Process

- For direct assistance to individuals and families for immediate needs contact the American Red Cross or other local voluntary agencies.
- Check newspapers, television, or radio news for information on disaster assistance available.
- **Heat Wave: A Major Summer Killer.** An online brochure describing the heat index, heat disorders, and heat wave safety tips. Available online at: www.nws.noaa.gov/om//brochures/heat_wave.htm
- For information on helping children deal with disaster, visit www.fema.gov or get a copy of FEMA 478 **Helping Children Cope with Disaster**. To obtain other fact sheets and publications call the FEMA publications warehouse at 1-800-480-2520.

Dangerous Extreme Heat Myth!	The Facts:
If someone is suffering from heat stroke, it is enough to give them water and get them to a cool place.	Heat stroke is a severe medical emergency that requires immediate medical attention. Symptoms could include: high body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. If you think someone is suffering from heat stroke, call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal.

DEHYDRATION

Dehydration occurs when your body does not have enough fluid (water) to work properly. This can cause major problems. These can develop slowly or very quickly. Severe dehydration is a life-threatening condition.



SOME FACTS about Dehydration

- Dehydration occurs when someone does not take in enough water. This can be due to such things as vomiting, diarrhea, strenuous exercise and illness. When someone is ill, it is important to carefully monitor that they are drinking enough water. Always call the doctor or nurse if you think that someone might be getting dehydrated. Don't wait for all the signs to show up. It might be too late.
- Most problems can be avoided if you recognize and treat dehydration early. However, if it is not treated promptly, it can result in seizures, brain damage, shock or even death.



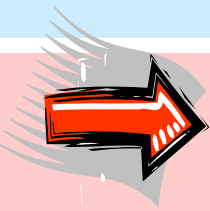
SIGNS & SYMPTOMS

- Urinate (pee) less
- Urine is dark yellow/brown and may smell bad
- Skin changes:
 - dry/hot or cold/clammy
 - reddish or yellowish in color
- Cracked lips
- Dry mouth
- Sunken or dry eyes (no tears)
- Dizzy and lightheaded – may fall down
- Weak, not interested in doing anything
- Sleepy and tired – hard to wake up
- Weight loss



PREVENTION

- **Drink Water.** Drink plenty of water or other liquids that do not contain caffeine. This is especially important when not feeling well. Offer at least 8 (8 oz.) glasses a day, more if feeling ill or the weather is very hot. Also, remember to give extra liquids to people who have feeding tubes after checking with physician.
- **Avoid Alcohol & Caffeine.** Drinks that include alcohol and caffeine (coffee, many sodas such as Coke & Pepsi) cause dehydration more quickly. Drink water or juice instead.
- **Reduce Physical Activity.** When its very hot outside, cut back on activities and stay in the shade. Sweating can cause dehydration more quickly.
- **Avoid exposure to extreme heat and/or humidity.** Limit or eliminate outside activities, including trips in extreme weather conditions, especially if you are medically complex. (e.g. avoid trips in car/vans/places with no air conditioning)
- **Catch it Early.** Look for signs of dehydration and act before it worsens.
- If you suspect a person is becoming **dehydrated**, give them **water** to sip right away.



CAUSES

- **Illness**, especially with vomiting (throwing up), diarrhea or nausea
- **Not wanting to drink** water or other liquids
- Certain medical conditions such as **Diabetes**
- Strenuous **physical activity** that results in a lot of sweating
- Very **hot weather** or being out in the sun too long
- Certain **medications** (watch carefully for dehydration if taking lithium or "water pills" for blood pressure)



WHAT TO DO

- **Increase Fluids.** Give water or other clear liquids (avoid drinks with caffeine). Sip slowly – do this frequently.
- **Rest.** Avoid physical activity. The person should lie down in a cool area.
- **Monitor Signs.** Write down when the person goes to the bathroom (how often - measure amount of urine if possible). Call the doctor if the person is becoming less alert, is fainting, or has stopped going to the bathroom.



WHAT NOT TO DO

- **DO NOT** stay in the sun – seek a cool shaded area.
- **DO NOT** turn up the heat or dress the person in extra heavy clothing.
- **DO NOT** force the person to do physical activities.
- **DO NOT** give salt pills.



DOCUMENT

- Keep a running log about how much the person drinks and how often they go to the bathroom (urinate) if the individual is at risk of dehydration.
- File an Incident Report (if required) and complete other documentation such as writing down a description in the logbook (or notebook depending upon where you live) if the person requires emergency medical care.



CALL THE DOCTOR

Call the doctor or nurse if you see any of these signs of dehydration:

- **Sunken eyes**
- **No tears**
- **Little or no urine** for the last 8 hrs
- Become **less alert** or very tired
- Become **weak** or sleepy
- **Yellow or reddish skin** color
- **Throwing up** for more than 12 hours
- **Diarrhea** for more than 24 hours
- Unexpected **seizure**
- **Elevated temperature (fever)**



EMERGENCY

Severe dehydration can lead to **SHOCK** and must be treated as an **EMERGENCY**. Get to a hospital or call 911 if you see:

- **Confusion** or sudden behavior change
- **Fainting** or extreme lightheadedness
- **Loss of consciousness** – can't wake up
- Shallow, **rapid breathing**
- **Moist, cool skin OR Dry, hot skin**
- **Gray or pale skin or blue lips**
- **New onset or prolonged seizure**



TO LEARN MORE - Go to these websites:

- <http://www.health.allrefer.com/health/dehydration-causes.html>
- http://www.my.webmd.com/hw/health_guide_atoz/hw86827.asp



Melons Two Ways

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) to provide CREATE Culinary Training Program where she develops and teaches an intensive culinary curriculum for inspiring food entrepreneurs. She also provides CCGB's network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama's Let's Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens and making eating healthy a lifestyle.*

Honeydew Agua Fresca

Serves 4

Ingredients:

1 or 2 honeydew melon or cantaloupes, peeled and diced (approximately 4 cups minimum)
3 cups of water or more as needed
Juice of 2-3 limes
Honey, as needed, optional
Ice, optional

Directions:

1. In a blender or food processor, puree melon until smooth. Add water as needed and blend to combine. Strain puree and press on solids with a rubber spatula so you extract all the juice.
2. In a pitcher add lime juice and then honeydew/cantaloupe juice. Mix well. If more sweetness is needed, add a bit of honey. Stir and serve cold or with ice!

Cantaloupe and Cucumber Salsa

Serves 6

Ingredients:

1 cantaloupe, peeled, seeded and diced
1 English cucumber, peeled and diced
3 tbs. red onion, chopped
Fresh mint or cilantro, chopped

Directions:

1. Combine cantaloupe, cucumber, onion, in a bowl and combine. Drizzle with olive oil, squeeze of lime and add fresh herbs. Toss well and season with salt and pepper and serve.

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Melones Dos Maneras

*Chef Raquel se graduó con honores en el programa culinario en el Instituto de Educación Culinaria después de terminar su pasantía en Le Bernardin en Nueva York. En 2009, el chef Raquel creó **A Pinch of Salt, LLC** ofrece instrucción práctica de cocción se centra en la preparación de sana, alta cocina, sin embargo, las comidas prácticos y de bajo costo. Actualmente, el Chef Raquel se asocia con **The Council of Churches of Greater Bridgeport (CCGB)** para proveer **CREATE** Culinario entrenamiento una programa desarrollando y instruido por Chef Raquel. También proporciona la red de CCGB de despensas de alimentos y programas de comidas comunitarias de educación de cocina extensa. Chef Raquel también ofrece educación de extensión y cocina para el Bridgeport Farmers Market Collaborative, FreshConnections y Hall Neighborhood House. Esto se basa en su compromiso con la iniciativa Let's Move de la Sra. Obama y su experiencia con Wellness in the Schools, una organización sin fines de lucro con sede en Nueva York que se enfoca en proveer a los estudiantes de escuelas públicas comidas nutritivas que se refuerzan a través de la cocina educando en las aulas y jardinería. El Chef Raquel es un apasionado de educar a grupos juveniles, familias, personas mayores y comunidades sobre la importancia de cocinar sano, entender la información nutricional, estirar los dólares de los alimentos, utilizar los mercados de los agricultores y jardines comunitarios y hacer que la alimentación sea un estilo de vida saludable.*

Honeydew Agua Fresca

Sirve 4

Ingredientes:

1 ó 2 melón o cantalupos, pelados y cortados en cubitos (aproximadamente 4 tazas como mínimo)
3 tazas de agua o más según sea necesario
Zum de 2-3 limas
Miel, según sea necesario, opcional
Hielo, opcional

Direcciones:

1. En una licuadora o procesador de alimentos, puré el melón hasta que quede suave. Agregue el agua según sea necesario y mezcle para combinar. Colar el puré y prensar en sólidos con una espátula de goma para que extraiga todo el jugo.
2. En una jarra, añada jugo de limón y luego jugo de melón / melón. Mezclar bien. Si se necesita más dulzura, agregue un poco de miel. Revolver y servir frío o con hielo!

Salsa de Cantalupo y Pepino

Sirve 6

Ingredientes:

1 melón pelado, sembrado y cortado en cubitos
1 pepino inglés, pelado y cortado en cubitos
3 cucharadas Cebolla roja, picado
Menta fresca o cilantro, picado

Direcciones:

1. Combine el melón, el pepino, la cebolla, en un tazón y combine. Rocíe con aceite de oliva, apriete de lima y agregue hierbas frescas. Mezcle bien y sazone con sal y pimienta y sirva.



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Monthly Health Challenge: Superman Challenge



Would you like to strengthen your back, glutes, and shoulder muscles? Well you can begin with the superman health challenge. The superman exercise is a great way to build and strengthen the hard to reach back muscles. Regular performance of the superman can help increase strength and avoid back pain and tension.

How to perform the perfect superman:

1. Lie face down with your chin in the ground and eyes at a neutral gaze. Your ankles should be touching with toes pointed under you
2. Reach your arms straight out above your shoulders so your palms are resting flat on the floor.
3. Engage your back, glutes and shoulders to pull yourself a few inches off the ground
4. Your arms and legs should remain fully contracted so that your hands and feet are elevated to the same relative height at the top of the static hold position.
5. Hold this position while fully engaging your body to “fly” like the man of steel.
6. Take 30 second rests in between every 5 reps



*For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 5	2 (E) 7 (C) 8	3 (E) 8 (C) 10	4 (E) 9 (C) 12	5 (E) 10 (C) 14	6 Rest Day	7 (E) 10 (C) 14
8 (E) 11 (C) 16	9 (E) 12 (C) 18	10 (E) 12 (C) 18	11 (E) 14 (C) 20	12 Rest Day	13 (E) 14 (C) 20	14 (E) 15 (C) 21
15 (E) 16 (C) 22	16 (E) 16 (C) 22	17 (E) 17 (C) 23	18 Rest Day	19 (E) 17 (C) 23	20 (E) 18 (C) 24	21 (E) 19 (C) 25
22 (E) 20 (C) 26	23 (E) 21 (C) 27	24 Rest Day	25 (E) 21 (C) 27	26 (E) 22 (C) 28	27 (E) 23 (C) 29	28 (E) 23 (C) 29
29 (E) 24 (C) 30	30 Rest Day	31 (E) 24 (C) 30				

Source: <http://dailyburn.com/life/fitness/no-equipment-back-exercises/>



El Reto del mes: el “Super Hombre (Superman)”



¿Le gustaría fortalecer la espalda, los glúteos y los músculos de los hombros? Bueno, usted puede comenzar con el reto de salud superman. El ejercicio de super hombre (superman) es una gran manera de construir y fortalecer los músculos de la espalda. Rendimiento regular del super hombre (superman) puede ayudar a aumentar la fuerza y evitar el dolor de espalda y la tensión.

¿Cómo realizar el “super hombre” (superman) perfecto?:

1. Acuéstese boca abajo con la barbilla en el suelo y los ojos nivelados. Los tobillos deben estar tocando con los dedos apuntando hacia abajo.
2. Levante los brazos hacia adelante por encima de los hombros para que las palmas de las manos descansen sobre el piso.
3. Enganche su espalda, glúteos y hombros para despegarse unos cuantos centímetros del suelo.
4. Sus brazos y piernas deben permanecer completamente contraídos de modo que sus manos y pies estén elevados a la misma altura relativa en la parte superior de la posición.
5. Mantenga esta posición mientras está completamente enganchando su cuerpo para "volar" como superhombre.
6. Tome 30 segundos descansos entre cada 5 repeticiones



* Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
1 (F) 5 (D) 5	2 (F) 7 (D) 8	3 (F) 8 (D) 10	4 (F) 9 (D) 12	5 (F) 10 (D) 14	6 Rest Day	7 (F) 10 (D) 14
8 (F) 11 (D) 16	9 (F) 12 (D) 18	10 (F) 12 (D) 18	11 (F) 14 (D) 20	12 Rest Day	13 (F) 14 (D) 20	14 (F) 15 (D) 21
15 (F) 16 (D) 22	16 (F) 16 (D) 22	17 (F) 17 (D) 23	18 Rest Day	19 (F) 17 (D) 23	20 (F) 18 (D) 24	21 (F) 19 (D) 25
22 (F) 20 (D) 26	23 (F) 21 (D) 27	24 Rest Day	25 (F) 21 (D) 27	26 (F) 22 (D) 28	27 (F) 23 (D) 29	28 (F) 23 (D) 29
29 (F) 24 (D) 30	30 Rest Day	31 (F) 24 (D) 30				

Source: <http://dailyburn.com/life/fitness/no-equipment-back-exercises/>