

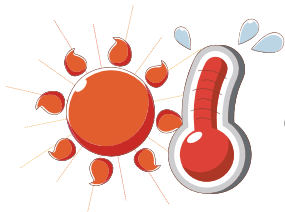


Healthy Wise. . .

U of A Cooperative Extension Service
ReShape Yourself Support Group Newsletter - Crawford County
June 2010

Resistance Bands Have Arrived!

If you ordered a resistance band for strength training at the last meeting, it has been delivered. You may pick it up now or wait until our next meeting on July 12. If you pick it up before that date, please remember to bring it to that meeting. We will learn the proper technique for using resistance bands. I ordered a few extras in case you didn't get your name on the list for one.



Hot and Dry

I don't know where spring went this year. It seemed to me that it was winter one day and summer the next. These hot, dry days really zap energy and take the pleasure away from many outdoor activities.

The extreme heat has made walking outside unsafe, except very early in the morning or after dark in the evening. If you are walking outdoors this summer, don't forget to drink **PLENTY** of water. Don't wait until you are thirsty before you drink, because that might be too late. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. Don't drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

Beware of Heat Exhaustion

It is always wise to have a walking partner, especially now. Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment. It is important to know the warning signs of heat exhaustion:

- Heavy sweating, paleness, muscle cramps, tiredness
- Weakness, dizziness, headache, nausea/vomiting, fainting



As odd as it sounds, the skin may actually feel cool and moist. A victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion goes untreated, it may progress to a heat stroke, which is a medical emergency. Seek medical attention immediately if symptoms are severe or the victim has heart problems or high blood pressure. Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than one hour. Cooling measures that may be effective include:

- Cool, non-alcoholic beverages
- Rest
- Cool shower, bath, or sponge bath
- Move to an air-conditioned environment
- Change to lightweight clothing, or removing layers of clothing.

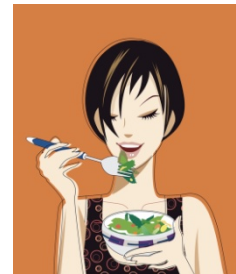
(source: Medicinenet.com)

Cool Meals on Hot Days

It is not fun standing over a hot stove preparing family meals in the summertime. And, just the thought of a heavy, hot meal is not appealing either. This recipe has been around since we were kids, I think. It only takes a few minutes to prepare. When served with whole grain crackers and a peach you have a complete meal that includes all food groups.

Red Bean Salad:

- 2 cups drained kidney beans
- ¼ cup diced celery
- 1 small onion, chopped
- ½ tsp. salt
- 1/8 tsp. pepper
- 3 chopped pickles
- 2 hard cooked eggs
- ½ cup grated cheese



Mix lightly with ¼ cup low-fat mayonnaise. Chill. Serve on salad greens. Garnish with cheese.

Time Saving Tips:

Use a microwave egg poacher (very inexpensive) to cook your eggs in one minute. Once you have cooked and chopped the eggs, who is going to know you didn't slave over the hot stove boiling them? I use this short cut for all my salads that require boiled eggs.

Never, ever put an egg that is still in the shell in the microwave to cook. It will definitely explode! And, clean up will absorb all the time you saved.

Another time-saver: Substitute dill pickle relish and you won't have to chop pickles.

Money Saving Tip:

I priced a standard-size 303 can of salad grade red beans today - \$1.19. Decided to purchase a 1 lb. bag of dried red beans for \$1.19. After cooking the beans, I'll freeze salad size portions in quart bags to have salad fixings whenever I need them at a BIG savings.

Interesting Research. . .



Some of you will remember the “How to Get a Good Night’s Sleep” lesson that I did a couple of years ago. Well, it might be time to dig that one out for review. New research at the University of Chicago shows that hormonal changes brought on by too little sleep promotes appetite and reduces the sensation of fullness after a meal. The bottom line is . . . too little sleep puts people at a greater risk for obesity and developing diabetes.

Another study revealed that children who get six to seven hours of sleep a night are 2.5 times more likely to be overweight than their peers who get more than 8 hours sleep per night.

It was encouraging to note that the fattening effects of inadequate sleep can be reversed simply by getting more sleep each night.

ReShape Support Group Meeting Schedule:

July 12 (second Monday) at 11 a.m.

August 9 (second Monday) at 11 a.m.

September - No Meeting. Get your exercise by volunteering to help at the fair.

October 11 – (second Monday) at 11 a.m.

November 8 – (second Monday) at 11 a.m.

Food for Thought:

- “Bigger snacks mean bigger slacks.” ~Author Unknown
- “Rich, fatty foods are like destiny: they too, shape our ends.” ~Author Unknown
- “It is health that is real wealth and not pieces of gold and silver.” ~Mahatma Ghandi

I am looking forward to seeing you on July 12th. Until then:

Be Healthy Wise!

A handwritten signature in cursive script that reads "Joyce Whittington".

Joyce Whittington
County Extension Agent
Staff Chair

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

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