



# GREENE COUNTY HEALTHY LIFESTYLES COALITION NEWSLETTER

## ANNUAL FAMILY FITNESS CHALLENGE SET FOR JULY 21

The Greene County Healthy Lifestyles Coalition is hosting its **8th Annual Family Fitness Challenge** on Thursday, July 21<sup>st</sup> at the Shawnee Park Pavilion in Xenia from 12:30 p.m. – 2:30 p.m. The event is FREE and open to the public. Families and groups are encouraged to attend.

The Fitness Challenge is designed to motivate youth and families to adopt healthier lifestyles—specifically in the areas of fitness and nutrition. Participants can visit fitness stations (including an

inflatable bounce house) and health information booths, choose (and eat!) a healthy snack, complete a fitness passport and receive a free prize (while supplies last).

Partners for the Challenge include the Greene County Combined Health District; Greene County Parks; OSU Extension Greene County; and the Xenia YMCA.

For more information, please contact Sara Pappa at 937-374-5662 or [spappa@gcchd.org](mailto:spappa@gcchd.org).



Volume 3, Issue 4  
July 2011

### IN THIS ISSUE

- ~Family Fitness Challenge
- ~Tips for Hot, Humid Summer Weather
- ~Smoking & Eye Health
- ~July is UV Awareness Month
- ~Tips to Prevent Sun Damage
- ~About the Coalition

## TIPS FOR HOT, HUMID SUMMER WEATHER

### Perform Your Best When It's Hot!

Peak performance requires unlimited access to water during hot weather:

- Drink two 8 ounce glasses of water, juice, or a sports drink up to two hours before physical activity.
- Drink 4 to 8 ounces or more of water or sports drink 5-10 minutes before physical activity.
- Drink 8 to 10 ounces of fluid, or as much as you can tolerate, every 15 to 20 minutes during intensive physical activity.
- Avoid drinks with caffeine - they may cause muscle cramping.
- Eat plenty of fruits and vegetables to maintain adequate amounts of sodium, calcium, and potassium.
- Taking salt tablets is NOT recommended – Most foods



provide enough sodium.

### Types of Heat-Related Problems

**Heat Cramps**—symptoms include painful cramping and spasms of legs, arms and/or abdominal muscles.

**Heat Exhaustion**—symptoms include feeling tired, weak and dizzy; headache, nausea and possible vomiting. Heavy perspiration; skin feels moist.

**Heat Stroke**—symptoms include feeling tired, weak and dizzy. Skin feels hot and dry—even under armpits; appears red and flushed. May become delirious and unconscious. **This is a life threatening situation! Call 911.**

### Treating Heat-Related Problems

#### Heat Cramps

1. Rest in a cool, shaded place.
2. Drink cool water slowly (4 ounces, which is equal to ½ cup of fluid, every 15 minutes).
3. Stretch the muscle lightly.

4. Massage the area gently.

#### Heat Exhaustion

1. Rest in a cool, shaded place.
2. Lie down with feet raised 8 to 12 inches.
3. Loosen all clothing.
4. Drink cool water (4 ounces, which is equal to ½ cup of fluid, every 15 minutes).
5. Place cool, wet clothes on forehead and body.

#### Heat Stroke

1. Remove clothing.
2. Sponge with cool water.
3. Fan with a towel or cloth.
4. Call an ambulance and transport the person to the nearest emergency room immediately. **This is a life-threatening emergency.**

Source:  
[http://fcs.tamu.edu/health/child\\_alth/heat/heat\\_exhaustion\\_heat\\_stress.php](http://fcs.tamu.edu/health/child_health/heat/heat_exhaustion_heat_stroke.php)

You are receiving this because you are a valued friend of the Greene County Combined Health District. We value your privacy and will not share your information with others. If you no longer wish to receive this newsletter, please call 937-374-5669 or email [lfox@gcchd.org](mailto:lfox@gcchd.org).

### BLUEBERRY-LEMON PARFAIT

Servings: 4-6

**Ingredients:**  
1 container of vanilla yogurt  
1 pint of fresh blueberries  
1 jar of lemon curd

#### Instructions:

Layer in the following order in a large wine glass or martini glass:

- 1 thin layer of vanilla yogurt
- 1 layer of blueberries
- 1 thin layer of lemon curd
- 1 thin layer of vanilla yogurt
- 1 layer of blueberries
- 1 thin layer of lemon curd

Refrigerate until ready to serve. Garnish with whipped cream and a few fresh blueberries. Refreshing!

## SMOKING AND EYE HEALTH

Avoiding smoking, or quitting, is one of the best investments you can make in your long-term eye health.

Smoking – even in your teens or twenties when your senior years seem far away – increases your future risks for cataract and age-related macular degeneration (AMD). And the more a person smokes, the higher the risks. The good news is that after people quit smoking, their risks for these eye diseases becomes almost as low as for people who never smoked.

Smoking also raises the risks for cardiovascular diseases that indirectly influence your eyes' health. And tobacco smoke, including second-hand smoke, is an irritant that worsens dry eye, a very uncomfortable eye condition that is most common in women after menopause.

Smoking increases the risk of serious vision loss in people with other eye diseases. And when women smoke during pregnancy they are more likely to give birth prematurely, putting their babies at higher risk for a potentially blinding disease called retinopathy of prematurity as well as other health problems.

The American Cancer Society has resources to help people who want to quit: [www.cancer.org](http://www.cancer.org)



## JULY IS UV AWARENESS MONTH 2011

According to the Center for Disease, Control, and Prevention, nearly 10,000 people die from skin cancer in the United States annually. Skin cancer is a quiet villain. It may not strike this year, next, or even ten years from now, but without the proper prevention, it can and will “attack” when you



least expect it. It is important to take these small, preventative measures now, because every action counts. According to the Skin Cancer Foundation, adults who use sunscreen daily can significantly reduce their risk of developing melanoma, the deadliest form of skin cancer. Here are a few precautions you and your family should take: ***always wear sunscreen with a sun protection factor (spf) of at least 15, make sure you wear sunglasses that protect you from 100 percent of UV-A and UV-B rays to protect your eyes, and wear***

***protective clothing when exposed to the sun for prolonged periods of time, such as hats, visors, etc...*** Following these seemingly simple tips can help to protect you and your family from the sun's harmful rays. Remember, every step counts!

### About the Coalition

It is the mission of the Greene County Healthy Lifestyles Coalition to provide and promote healthier lifestyle choices in Greene County.

Coalition meetings are held at GCCHD and are open to anyone interested in health, nutrition and fitness. Meetings in 2011 are:

- SEPTEMBER 19
- NOVEMBER 21

Join Us!

## TIPS TO PREVENT SUN DAMAGE

*Courtesy of Dr. Michael Trauner and Sutter Health Sacramento Sierra Region*

Getting too much sun can be harmful to your skin. You probably already wear sunscreen when you are at the beach, lounging by a pool, attending an outdoor event, or just walking around on a hot summer day. But the sun's rays affect our skin every day.

The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. There are two types of UV rays: UVA and UVB. Both can harm your skin.

Even on cloudy, cool, or overcast days, 80% of harmful UV rays travel through the clouds and reflect off sand, water, and even concrete. Clouds and pollution don't filter out UV rays, and they can give a false sense of protection. This "invisible sun" can cause unexpected sunburns and skin damage.

We all need some sun exposure; it's our primary source of Vitamin D, which helps us absorb calcium for stronger, healthier bones. But it doesn't take much time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's UV rays can cause skin damage, eye damage, immune system suppression, and even skin cancer.

Here are some helpful tips to protect your skin from sun damage:

- ▶ First, avoid being in the sun for prolonged times when it's highest overhead and therefore the strongest (normally from 10:00 a.m. until 4:00 p.m. in the northern hemisphere).
- ▶ One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see your hand through them.
- ▶ Choose a sunscreen with an SPF 30 or higher and one that has broad spectrum coverage (for UVA and UVB rays). Reapply sunscreen often, approximately every 2 to 3 hours, and remember to reapply after you sweat or swim. Seeking shade is always a good alternative for sun protection.

It is important to start protecting your skin early in life, but it is never too late to protect your skin at any age.

