Walking Iron Strong for Heroes

Department of Health Promotion and Wellness

Summer Vacation Plans

Making time for leisure!

In just the last 20 years, we have added 158 hours to our annual working and commuting time - the equivalent of a full month of working hours. (Source: Gallup Poll 1995) Finding the perfect vacation spot isn't like picking a number on the roulette wheel and then giving it a spin. Luck doesn't have anything to do with it. If you know what you want and know how to find it, you can choose the yearly getaway that leaves you with lifelong memories.

Determine what's important to you by creating a set of objectives for what you want out of the trip. Check out this article to make the best of your money and vacation like a millionaire!

http://moneycentral.msn.com/content/Savinganddebt/Travelforless/P36635.asp

Motivation is what gets you started. Habit is what keeps you going.

--Jim Ryun

Exercise Tip: More Tips for Beating the Heat

Know symptoms of heat-related illness. Pay attention to your body. If you start to feel overheated, stop your activity immediately. Rest in a cool, shaded area and drink plenty of fluids. If you don't pay attention to the warning signs, your body's natural cooling system could begin to fail. And that could lead to heat cramps, heat exhaustion or heatstroke.

Heat cramps are painful muscle spasms that can occur as a result of strenuous physical activity in a hot environment. The muscles of your arms, legs and abdomen are most commonly affected.

Stop exercising if you get heat cramps. Rest and drink plenty of fluids. Massaging sore muscles may help alleviate some of the pain.

Heat exhaustion might occur after you've been physically active and had prolonged exposure to high heat and humidity. Your body fluids are lost through excessive perspiration.

More Tips for Beating the Heat continued

Warning signs include: Dehydration, Fatigue, Weakness, Damp or Perspiring Skin, Paleness, Headache, Nausea, Dizziness or Fainting

If you or your exercise partner experience any of these symptoms, seek treatment immediately. Try to get to a cool environment as soon as possible. Lie down with your legs elevated, apply ice to your groin areas, armpits or head, and drink fluids.

Heatstroke occurs when your body is unable to regulate its own temperature. It's a life-threatening condition that demands immediate treatment. Body temperature can rise to more than 106 degrees Fahrenheit, which may lead to irreversible brain damage or death.

If you notice any of these signs and symptoms, seek medical assistance immediately:

A body temperature of more than 103 degrees Fahrenheit, hot and dry skin, redness, rapid strong pulse, throbbing headache, dizziness, nausea, disorientation or confusion, loss of consciousness. In the meantime, rest in a cool environment. Elevating your legs, applying ice or immersing your body in a cool bath may be helpful. But don't delay evaluation and treatment in a medical facility.

Certain medications — such as diuretics and antihistamines — may predispose you to heat-related illness. Also keep in mind that certain people are at greater risk of heat-related illness, for instance young children and older adults. If your activities include people in this age range, pay close attention to them for any signs of distress.

Source: www.mayoclinic.com <file://www.mayoclinic.com>

Take advantage of keeping active and cool over the holiday weekend -check out the Volksmarches in your community, go to the pool with your family, and if you are going away for the weekend bring good walking shoes so you and your feet can enjoy the sites.

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.
--Zig Ziglar

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Faux-Fried Chicken

Kids will love this chicken-it tastes batter-dipped and fried, but is actually good for the heart.

8 pieces chicken, skinless (4 breasts, 4 drumsticks)

1/2 C skim milk or buttermilk

1 tsp poultry seasoning

1 1/2 Tbsp onion powder

2 tsp black pepper

A few shakes of paprika

1 tsp vegetable oil

1 C cornflakes, crumbled

1 1/2 Tbsp garlic powder

2 tsp dried hot pepper, crushed

1 tsp ginger

1. Preheat oven to 350 degrees F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30-40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.) Crumbs will form crispy "skin".

Yield: 6 servings

Serving size: 1/2 breast or 2 small drumsticks

Each serving provides:

Calories: 256

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 82 mg

Sodium: 286 mg

Total fiber: 1 g

Protein: 30 g

Carbohydrates: 22 g

Potassium: 339 mg

Don't have buttermilk? Make your own. Add one tablespoon of vinegar to 1 cup of milk.

Recipe courtesy of National Heart, Lung and Blood Institute: Keep the Beat, Heart Healthy Recipes

http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf