



Summer Fitness, Family Style

Exercising together as a family can help keep you strong physically and emotionally, especially when the activity involves fun in the sun.

Children and adults alike need daily exercise. To make it happen, plan. First, if you can, set aside at least 30 minutes 2 or 3 times a week for family exercise, perhaps after work or dinner. Discuss it as a family and list a variety of fitness activities and sports. Use your imagination:

- Start in the backyard. Play badminton in pairs or singles. It's a fun way to keep moving for 1 to 2 hours.
- Play catch, soccer or pool volleyball.
- Most young children are delighted to simply walk hand in hand to the park with their grown-ups.
- Be adventurous – plan exploratory hikes. Pack a map and a picnic; carry a bird or plant guide.
- For a muscle workout, explore nearby waterways by canoe or kayak. A calm river or pond is good for beginners.
- Walk or bike everywhere you can – to nearby shops, a library, your kids' school or sports events.



An active childhood leads to lifetime habits of exercise and good health. Just leave the TV, game console and smart devices behind and enjoy the outdoors.



Don't forget your 4-legged family members; they need exercise, too.

Take them walking, running or to play fetch for quality time outdoors.

Medications: Rules for Safety

Medication errors are all too common. Misuse of medicine in the U.S. has led to nearly 700,000 emergency room visits and 100,000 hospitalizations per year.

Keep a close watch on what you're taking:

Know what each drug does. When your health care provider prescribes a new medicine, *ask what it does and how it will help you.* Learn how to use it and what to expect. Read and save the information for every prescription or over-the-counter (OTC) medicine you use.

Ask your provider or pharmacist about side effects. Many medicines and dietary supplements produce some degree of side effects, which your provider and pharmacist should explain. Call your provider promptly if you have a serious reaction.

Also, regularly review all of your medications and supplements with your provider. Discuss any alcohol or tobacco use. They may affect your medicines.

Keep a formal updated medications record. Include prescription and OTC medicines, as well as any supplements or herbs you use. Review this record each time you meet with each of your providers or go to the hospital. Be sure what you get at the pharmacy matches what your provider ordered.

Shop smart if you buy medicine online. Buy only from (a) licensed pharmacies in the U.S. that (b) require your provider's prescription and (c) have a pharmacist available for questions. To locate safe and legal online pharmacies, go to fda.gov and search for **FDA BeSafeRx**.



“A healthy outside starts from the inside.”

— Robert Urich

No Heat Required: Summer Meals

By Cara Rosenbloom, RD

You know those days when it's too hot to cook dinner?

If the temperature is soaring, consider a nutritious supper without your stove. Here are some ideas.



Start with salad. Farm-fresh fruits and vegetables are abundant in the summer, and are delicious without any heat required. Tomatoes, cucumbers, leafy greens, peppers, carrots and fresh herbs are available at grocery stores, farmers markets or from your own garden. They form the base for easy salads and side dishes. Round out the vegetables with no-cook protein options, such as canned tuna or salmon; canned chickpeas or lentils; nuts; seeds; cheese; or store-bought rotisserie chicken.

Take the heat off with cool carbs.

Instead of boiling pasta, potatoes or rice, consider ready-to-use corn tortillas, as well as whole-grain breads and crackers. Make simple sandwiches and wraps, or artfully combine crackers, cheese, olives, turkey breast and marinated vegetables for a tapas platter.



Use other appliances. Choose the ones that don't heat up your kitchen – your freezer, for example. Serve a frozen shrimp ring at room temperature or use in salads, fresh Vietnamese-style spring rolls or shrimp po'boy sandwiches. Whip up a cold watermelon soup or zesty gazpacho with a blender. And don't forget your can opener. A corn and black bean salad or a simple tuna sandwich is just a twist away.

With a little ingenuity, it's easy to eat well and keep your cool.

Choosing Digital Fitness

Technology is a major force in America's pursuit of fitness. Mobile apps and wearable gauges offer versatile, convenient ways to pursue exercise and nutritional goals. For example, you can digitally:

- >> Track activity, calories, heart rate and other fitness goals.
- >> Compete and network with fellow exercisers via social media.
- >> Take streaming exercise, nutrition or weight-loss classes.
- >> Synchronize exercise with music on your smartphone.
- >> Burn up the miles with a smartphone cycling app with audio instructions.



Your primary goal in using any technology is that it will motivate you enough to change your health habits. You still need to exercise and eat nutritiously.

List the features you think will help you the most, such as a food tracker to lose weight, a diet plan with recipes or a fitness app with interactive coaching. Check app stores for ratings and customer reviews. Ask about product accuracy, interface and ease of use.

Check that exercise apps meet American College of Sports Medicine guidelines (acsm.org). Digital apps can potentially help improve your health, but they can't replace the knowledge of a medical, fitness or nutrition professional.



Smart Moves toolkit is at www.personalbest.com/extras/17V7tools.

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From Smoking to Extra Pounds?

Fear of gaining weight is often a barrier to quitting smoking and a major cause of relapse after quitting. Weight gain is not automatic – some quitters actually lose weight. But most gain a few pounds in the early months after quitting.

What causes the weight gain?

- Smoking suppresses appetite; smokers often eat less and weigh less than non-smokers.
- Without using tobacco, your appetite might increase so you eat more.
- Nicotine is a stimulant that increases the body's metabolism at rest; when you stop smoking, you may burn fewer calories, which can lead to weight gain.
- Nicotine cravings, boredom and stress can trigger overeating.

To keep your weight in check:

- ① **Eat 4 to 5 small meals and healthful snacks throughout your day.** This plan supplies steady energy and aids appetite control.
- ② **Control your drinking.** Avoid alcohol and sugary drinks, which often contribute to weight gain. Options: sparkling water with citrus slices, and herbal tea.
- ③ **Exercise – it aids withdrawal.** Spend less time doing sedentary things. Get up, do some chores or take a pleasant walk whenever you can.
- ④ **Sleep well.** Lack of sleep can lead to eating more and weight gain.
- ⑤ **See your health care provider for quitting advice.** There are several options for easing the effects of withdrawal from nicotine.

Final thought: Give yourself time to adjust your lifestyle. Quitting is an important part of your future.