



wellnews



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ASK THE EXPERT

Your Questions Answered by Health Professionals

Why wear sunscreen and how do I know which one to use?

by Jackie Geib, BA, Certified Wellness Coach

Sunscreen is important for everyone ages 6 months and older to use whenever they are going to be outdoors. Sunscreen use can decrease your risk for skin cancers and pre-cancers with daily use of an SPF 15 or higher. Using sunscreen can also prevent premature skin aging caused by the sun, including wrinkles, sagging and age spots.

According to the Skin Cancer Foundation, the best sunscreen is the one you are going to use. The active ingredients in sunscreen prevent the sun’s UV rays from reaching your skin. There are basically 2 types of sunscreen: Mineral and Chemical. Mineral sunscreens use titanium and/or zinc oxide as the active ingredients which block and scatter the UV rays before penetrating the skin. Chemical sunscreens (like avobenzone and octisalate) absorb UV rays before they can penetrate the skin. Mineral based sunscreens may be less likely to cause skin irritations. Whether you choose mineral or chemical sunscreen, you should *make sure it is labeled as broad spectrum* (to block both UVA and UVB rays,) is at least an SPF of 15 (30 if you will be outdoors for a long time) and is water resistant if you will be sweating or in water.

Why is Vitamin D important, and how much do I need?

by Vanessa Mitchell, RDN

Vitamin D is rather unique among the vitamins because we can consume vitamin D – through foods and supplements—and our bodies also make vitamin D from the sun’s UVB rays. Vitamin D is naturally occurring in only a few foods, such as fatty fish; more often foods have been fortified with it, such as milk.

Vitamin D is crucial for a strong, healthy skeleton. Vitamin D helps your body absorb calcium, the main building block of bones. It also helps your bone cells grow and rebuild, muscles grow properly, and reduce inflammation. It’s also helps with cell growth, neuromuscular and immune function, and glucose metabolism.

The Recommended Dietary Allowance (RDA) for males and females ages 1-70 is 600 IU vitamin D daily; men and women age 71 and older is 800 IU vitamin D daily. Appropriate amounts of daily vitamin D intake are best guided by results of your serum 25-hydroxyvitamin D level from a blood draw, and the guidance of your physician. For more information and guidance visit ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/ and talk with your physician.

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FITNESS

Summer Safety Tips for Outdoor Activity

by Cara Harris, BS, Wellness Program Coordinator

Summer is officially here and now is the time to get outside! Outdoor activity is beneficial for reducing stress, boosting self-esteem, staying physically active, and getting vitamin D. However, there are some risks to being outdoors, such as too much sun exposure, which can lead to the risk for skin cancers and heat stroke. Being outdoors also poses the threat for bug bites, rashes, and dangers around water. It is wise to think about the risks and protect yourself when enjoying the great outdoors. Here are tips to help you plan for your next outdoor activity.

Protect your skin from the sun to prevent skin cancers. Use sunscreen and apply often throughout the day. Wear long, loose fitting clothing, a hat, and sunglasses to protect your eyes. Relax in the shade if you are able for extra protection.

Stay hydrated to prevent heat exhaustion and heat stroke. Make sure you drink plenty of water, at least 64 ounces throughout the day, and even more if you plan to stay outside in the heat. Take frequent water breaks to ensure you stay hydrated. Bring a water bottle with you if you will be away from home. If you do begin to overheat, use a cool, wet washcloth and place it on your neck to help cool you down, and find a shady spot to rest.

Use a bug repellent containing DEET and avoid using lotions and perfumes, which attract bugs and mosquitos. Try to avoid areas that bugs and mosquitos thrive in, such as tall grass, wooded areas, and standing water. If you choose to hike in the woods, wear long, loose fitting clothing and a hat. Once indoors, shower and check your body for ticks and insect bites and wash any bites with soap and water.

Water safety is important to avoid accidents and drownings. Never leave children unsupervised around pools and ponds. Provide lifejackets to those who are unable to swim. Never swim alone even if you are a good swimmer. Circumstances may arise that hurt your ability to swim, such as cramping or currents in a stream.

Now, get outside and enjoy your summer safely! For more information and a detailed guide on summer safety tips, please visit [Atlantic Training Summer Safety Tips](https://atlantictraining.com/summer-safety-tips/) or bit.ly/3gBt3Hr



CUCUMBER TOMATO AVOCADO SALAD

- 1 lb Roma tomatoes, chopped
- 1 English cucumber, sliced
- ½ medium red onion, sliced
- 1 avocados, diced
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
(from 1 medium lemon)
- ¼ cup cilantro, chopped
- 1 tsp sea salt
- ⅛ tsp black pepper

DIRECTIONS:

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
2. Drizzle with 2 tbsp olive oil and 2 tbsp lemon juice. Toss gently to combine. Just before serving, toss with 1 tsp sea salt and ⅛ tsp black pepper.

Nutritional Information —

4 servings, ½ cup per serving
 Calories: 261 Carbohydrate: 17g
 Protein: 3g Fat: 22g
 Fiber: 8g Sodium: 596g

NUTRITION

Fresh Summer Foods

by Jessica Robertson, MA, RD, CD

What are the best foods to eat fresh in the summer? The answer to that is simple—whatever is local, and in-season for you! Here in the Midwest, that means corn, green beans, beets, cucumbers, tomatoes, peppers, zucchini, summer squash, watermelon, and cantaloupe (just to name a few). Also plentiful during July is a variety of leafy greens and herbs. Buying seasonal produce at your local farmers' market is an excellent opportunity to get your family outside walking, but the health benefits don't end there.

Eating with the seasons encourages consumption of a greater variety of foods. Different fruits and vegetables contain varying amounts of vitamins, minerals, antioxidants, and other important nutrients.



Not to mention that the foods you will be eating are fresher and often harvested at peak nutrition and ripeness. This also leads to better flavor, whereas produce grown elsewhere during our off-season is picked days to weeks prior to consumption, and ripens on the shelf or is force-ripened by ethylene gas. Produce that ripens off the vine tends to be less flavorful than fresh, vine-ripened counterparts.

Finally, you'll benefit from the cost savings of shopping with the seasons. When fruits and vegetables come into season in the U.S., the supply is bountiful and doesn't have to travel so far to reach us, resulting in lower prices at the market.

Want to see what is in season for you? Check out [SeasonalFoodGuide.org](https://www.seasonalfoodguide.org) to learn more. It's the "most comprehensive national database of seasonal food available in the US." You can find many seasonal recipe sources online or if print books are more your style, check your local library for seasonal recipe books!



STRESS AND MINDFULNESS

Setting Healthy Boundaries

by Carla Ficorilli, MS

Setting boundaries is a vital part of mental health and well-being. Without healthy boundaries, we teach people how to treat us.

Boundaries are the limits you set for yourself. They dictate your choices. They are not about getting someone else to change their behavior. When one person gives more than the other, those relationships become obligations. Poor boundaries can lead to resentment, anger, and burnout.

How to Set Boundaries

Say “no” simply but firmly to something you do not want to do. Don’t feel that you need to explain. This is a crucial aspect of setting boundaries: everyone has the right to determine what they do and do not want to do. Saying no isn’t selfish or inconsiderate.

Know thyself. Get to know yourself, your beliefs, emotions, feelings, and ideas; learn what’s really important to you, what you really value apart from anyone else.

Take responsibility for yourself. Set your limits about what you expect of others: how you want to be spoken to, touched, and treated psychologically and emotionally. Whatever you say goes, no matter what others may think, feel, or believe.

Develop a healthy respect for yourself. No one besides you, no matter how persuasive they may be, can define you or control who you are. When you respect yourself, you should expect others will treat you with respect. If they don’t, that’s a clear sign not to engage.

Heed the warning signs. Stay away from anyone who has his or her own agenda, mistreats you or is disrespectful of your wishes, or refuses to hear you. Be ready to walk away without fear or guilt, and don’t look back.

Separate yourself from others. This means that you are able to separate your thoughts, feelings, and beliefs from others. You understand that your boundaries are different from others.



'Merica

Featured Playlist

<https://spoti.fi/3xqtWcF>

Spotify playlist by BREGS INDY

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