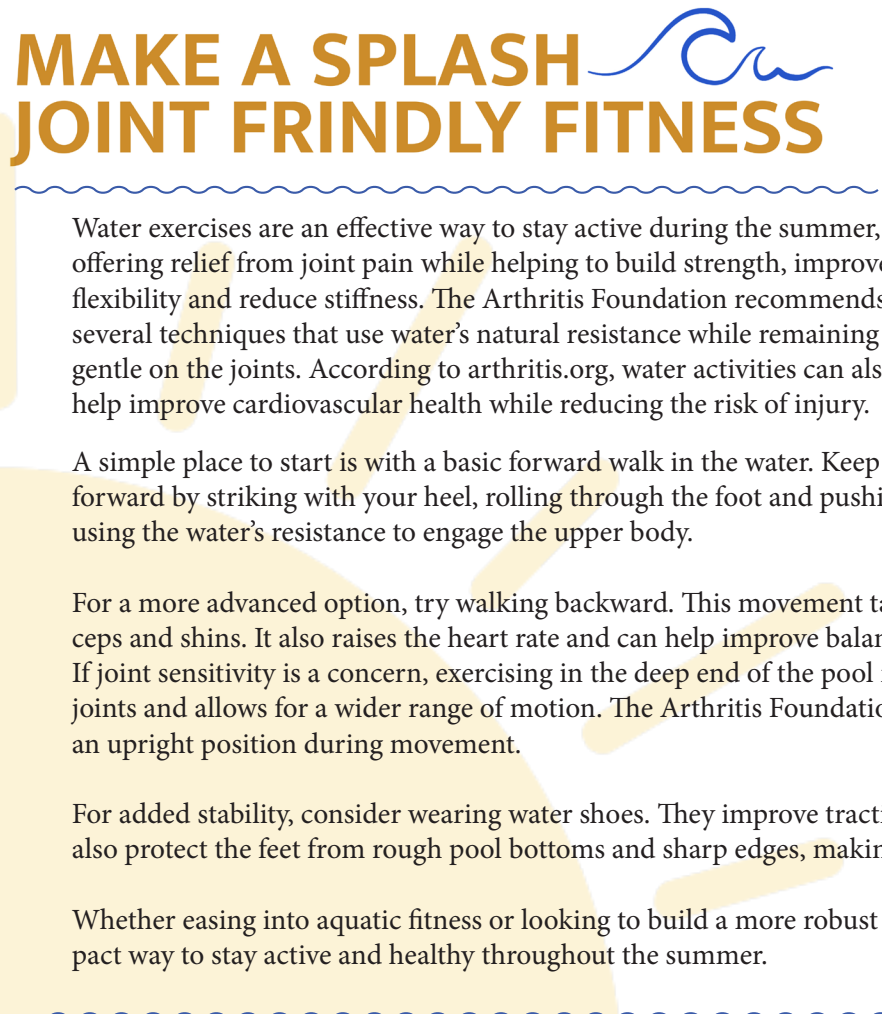


MAKE A SPLASH

JOINT FRINDLY FITNESS



Water exercises are an effective way to stay active during the summer, offering relief from joint pain while helping to build strength, improve flexibility and reduce stiffness. The Arthritis Foundation recommends several techniques that use water’s natural resistance while remaining gentle on the joints. According to arthritis.org, water activities can also help improve cardiovascular health while reducing the risk of injury.

A simple place to start is with a basic forward walk in the water. Keep shoulders aligned over hips and hands at your sides. Step forward by striking with your heel, rolling through the foot and pushing off with your toes. Swing your arms opposite your legs, using the water’s resistance to engage the upper body.

For a more advanced option, try walking backward. This movement targets additional muscle groups, including the spine, quadriceps and shins. It also raises the heart rate and can help improve balance over time. If joint sensitivity is a concern, exercising in the deep end of the pool may provide relief. Deeper water reduces pressure on the joints and allows for a wider range of motion. The Arthritis Foundation also recommends using a buoyancy belt to help maintain an upright position during movement.

For added stability, consider wearing water shoes. They improve traction on slick surfaces and help prevent slipping. Water shoes also protect the feet from rough pool bottoms and sharp edges, making workouts safer and more comfortable.

Whether easing into aquatic fitness or looking to build a more robust routine, water-based exercise offers a joint-friendly, low-impact way to stay active and healthy throughout the summer.

Chill Out: How to Stay Cool and Safe This Summer

Staying safe in the summer heat is just as important as soaking up the sunshine. With temperatures rising, it is essential to take a few simple precautions to keep your body cool, your energy up and your summer plans on track. The American Red Cross has some tips for beating the heat, especially during outdoor activities or long days in the sun.

The most important practice to keep in mind when enjoying the summer sun is to stay hydrated! It may seem obvious, but heat exhaustion and dehydration can sneak up on you, especially when you’re busy having fun! Make sure to always have water with you and take small sips constantly, even if you don’t feel thirsty. Try to avoid caffeine or alcohol, which will dehydrate your body more. Adding fruits with high water content, like watermelon, cucumbers or oranges to your meals and snacks can help keep your hydration levels up.

In addition to staying hydrated, what you wear can make a big difference in how your body handles the heat. Try to wear loose-fitting, lightweight clothing to help your body breathe. Tight or dark clothing can trap heat, making it hard to stay cool during outdoor activities.

While dressing for the heat helps keep your body cool, it is just as important to protect your skin. Applying sunscreen with at least SPF 30 helps block harmful UV rays that can cause sunburn, skin damage and increase the risk of skin cancer. Be sure to reapply every 2 hours, especially if you are sweating or spending time in water. Even with hydration, the right clothing and sunscreen, it is important to listen to your body. Prolonged exposure to high temperatures can still lead to heat-related illness-

es like heat exhaustion or heat stroke. Knowing the warning signs can help you act before things become serious.

For example, the American Red Cross cites the signs of heat exhaustion as cramps in the leg or abdomen. If this occurs, take the person to a cool place to let them rest and stretch the affected muscle. They also recommend drinking a half a glass of water every 15 minutes until symptoms subside.

While heat exhaustion can often be managed with rest and hydration, heat stroke is a lot more serious and requires immediate medical attention. Signs can include hot, red skin which may be dry or moist, changes in consciousness, vomiting and high body temperature. If a person is exhibiting these signs, call 911 immediately and immerse them up to their neck in cool water, if possible.

As temperatures continue to rise, staying safe in the summer heat is essential. The American Red Cross recommends key precautions to prevent heat-related illness, including staying hydrated, wearing light clothes and applying sunscreen. It is important to recognize the signs of heat exhaustion, such as cramps and fatigue, and to act quickly with rest and fluids. More serious symptoms, like hot, red skin or changes in consciousness, may signal heatstroke and require immediate medical attention. By following these simple steps, you can enjoy the sunshine while also keeping your health and safety in check.

Nourish & Flourish: A Garden Full of Goodness



Planting a summer garden filled with nutrient-rich foods is a rewarding way to stay active, enjoy fresh air and support your health! Scripps.org recommends some superfoods that you can grow in your garden and incorporate into your recipes this summer.

Blueberries are packed with antioxidants that help protect cells from damage and help fight colon and prostate cancer. When planting them, choose a raised bed or pot in a sunny location. Consider planting at least two bushes for better pollination and fruit production. Once your garden starts producing, there are plenty of easy and delicious ways to enjoy what you’ve grown. From refreshing smoothies to sweet and savory salads, homegrown ingredients can bring both flavor and health benefits to your plate!

Spinach is a great vegetable to incorporate into your salads, smoothies and cooked dishes like omelets and stir-fries. It is rich in iron, calcium and vitamin A and C, supporting bone health, immune function and energy levels. Spinach grows best in cooler summer temperatures and partial shade, and it can be harvested continuously by picking outer leaves as the plant matures.

Tomatoes add a fresh and flavorful burst of energy to your savory dishes while also reducing your risk of several types of cancer and cardiovascular disease. For best results, plant them in a sunny spot and use stakes or cages to support the vines as they grow! Regular watering and pruning will help encourage a healthy and productive plant. Enjoy them slides on a sandwich, chopped into a salad, or roasted with herbs for a simple and delicious side.

Whether you’re planting in pots or tending to a backyard plot, growing your own superfoods is a simple way to stay active, connect with nature and nourish your body. With just a little care, your summer garden can yield fresh ingredients that support your health and add vibrant flavor to your meals!

