

2008

Top 10 Activities

Summertime Family Fitness

Take advantage of the summer months to enjoy the outdoors with your family, and get moving. Encourage your family to stay healthy by participating in physical activities involving the entire family. This will not only help to keep everyone in your family healthier, it will also encourage your children to be more active.

1. **Walking**—Take the whole family on a walk to the local park or around the neighborhood.
2. **Swimming**—This activity uses the entire body. All levels can participate in this activity.
3. **Bicycling**—All ages can enjoy this activity. Be sure to wear helmets!
4. **Canoeing or Kayaking**—These activities are great for an upper body workout. Everyone needs to wear life jackets.
5. **Skating**—Everyone can enjoy this activity. Your family can get from place to place at the same speed on wheels! Be sure to wear protective gear; wrist guards, knee pads, & helmets.
6. **Beach Games**—Fun for the whole family while exercising at the same time. Build sand castles, fly kites, throw around a frisbee or football while enjoying your family time.
7. **Team Sports**—Play one-on-one basketball, kickball, or play catch. There are other games such as flag football and volleyball that would be better for larger groups.
8. **Park Games**—Take advantage of the park's playgrounds, and obstacle courses. Play tag or throw around the football in a safe open area.
9. **Hiking**—Get the family together and pack a lunch for an all day adventure in the great outdoors.
10. **Lawn Games**—Set up badminton, volleyball, or tether ball in your yard. Play tag, or set up the sprinklers for a homemade water park!





Time for Cookouts & Barbeques: Food Safety Tips for Outdoor Eating!

It's time to pull out the grill and move the kitchen to the outdoors! It is important for you, your family, and friends when cooking outdoors to prevent food borne illnesses, by using proper food handling techniques.

Use the tips below to help prevent food borne illnesses when cooking outdoors:

Transporting Food:

- ✦ Be sure to keep the food cold in a cooler with plenty of ice or frozen gel packs. Cold foods need to be held at or below 40°F. Try to limit the times the cooler is opened.
- ✦ Place your beverages in a separate cooler than your perishable foods.
- ✦ Meats will stay colder longer if you pack them in the cooler while still frozen. Make sure to keep raw meat, poultry, and seafood securely wrapped so their juices do not contaminate other foods.
- ✦ Rinse all fresh fruits & veggies.



Before you start cooking:

- ✦ WASH your HANDS. This is very important even outdoors. If there is no running water available use a water jug, soap, and paper towels.
- ✦ Pack disposable towelettes to clean hands.
- ✦ Make sure to keep utensils, plates, and platters clean when preparing food.

Grilling Safety Tips:

- ✦ When marinating foods do so in the refrigerator, not on the counter or outdoors. Do not reuse marinade. If marinade is to be used as sauce on cooked food, save a portion before using on raw meats.
- ✦ Use fresh plates between raw and cooked foods.
- ✦ If you cook foods partially before grilling to reduce grilling time, do so immediately before the food goes on the grill.
- ✦ Be sure to cook foods thoroughly. Use a food thermometer to be sure foods are fully cooked.

Serving the Food:

- ✦ It is important to keep cold foods cold & hot foods hot.
- ✦ Do not use plates that previously held raw meats.
- ✦ Do not let perishable foods sit out longer than 2 hours.
- ✦ If it is above 90°F outdoors do not let food sit out more than 1 hour.



We spend much of our time outdoors during the summertime.

Be sure to practice safety precautions not only when cooking outdoors, but also in outdoor activities. For more information about outdoor eating and food safety tips go to www.usda.gov.

Blood Pressure Awareness

According to the American Heart Association, one in three Americans have high blood pressure (hypertension/HTN). Nearly one-third of these people do not know they have high blood pressure. There are no symptoms with high blood pressure. High blood pressure is a major risk factor for heart attack, stroke, heart failure, and kidney failure. High blood pressure is often referred to as "The Silent Killer." Many people live for years without knowing they have high blood pressure, putting themselves at high risk for heart attack, stroke, etc. The **ONLY** way to know if you have high blood pressure is to have it checked.



There are some things you can do to help lower your risk:

1. **Get your Blood Pressure CHECKED by your on-site HealthSTAT clinician.**
2. **Learn your risks. Talk with your on-site HealthSTAT clinician to learn if you are at risk for high blood pressure.**
3. **Learn about the treatments that are available to help manage high blood pressure from your on-site HealthSTAT clinician.**
4. **Make appropriate lifestyle changes when recommended by your healthcare provider.**

HealthSTAT's Health Risk Guidelines: Blood Pressure



Blood pressure	High Risk	Moderate Risk	Low Risk
Systolic	140 or higher	139-120	119 or less
Diastolic	90 or higher	89-80	79 or less

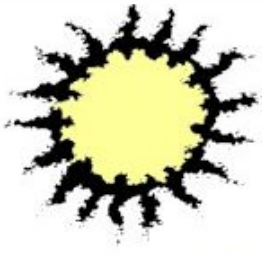
Under normal conditions your heart beats approximately 60 to 80 beats per minute. Your blood pressure increases during beats and lowers between beats when resting. Several things can affect your blood pressure from minute to minute such as; changes in posture, exercise, or sleeping.

What is **SYSTOLIC** blood pressure?

The systolic blood pressure (top number) is the amount of pressure in the heart when it is beating.

What is **DIASTOLIC** blood pressure?

The diastolic blood pressure (bottom number) is the amount of pressure in the heart when it is resting between beats.



Sun and Beach Safety

The earlier you identify signs and see your health care provider, the greater the chances for simple and successful treatment.

- **Examine your skin** after a shower or bath.
- **Check your skin** in a well-lit room, using both a full length and handheld mirror.
- **Be sure you are familiar** with your birthmarks, moles, and blemishes so you know what they usually look like so you can identify any changes they may undergo.
- **Look for changes** in size, texture, shape, and color of blemishes or a sore that does not heal. If you find any changes see your healthcare provider.
- During **regular check-ups** ask your doctor to check your skin.



Your skin needs protection from the sun in order to prevent skin cancer, wrinkles, and burns.



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- ✓ **Never** leave home without wearing sunscreen even on cloudy days.
- ✓ Choose a **waterproof sunscreen** of SPF 15 or higher.
- ✓ **Apply** the sunscreen a half hour before you go outside for better protection.
- ✓ Put sunscreen on **thick**.
- ✓ **Don't forget** your ears and any bald spot you don't cover with a hat.
- ✓ Protect your lips with **lip sun block**.
- ✓ **Sunglasses**: choose glasses that give both UVA and UVB protection.
- ✓ **Drink plenty of water** regularly and often even if you do not feel thirsty. Your body needs water to keep cool.
- ✓ **Watch for signs of heat stroke**: Heat stroke is life-threatening. Signals include hot, red, and dry skin; changes in consciousness, rapid, weak pulse, and rapid, shallow breathing. Call 9-1-1 or your local EMS number if you suspect heat stroke.