

NATIONAL PARK AND RECREATION MONTH

Learn how to improve your health and wellness by getting outside this month.

AN AFFORDABLE & ACCESSIBLE WAY TO GET HEALTHY

As rates of chronic disease, unhealthy diets and sedentary lifestyles rise, we must use our state and local parks as a solution to getting healthy. Getting active outdoors has many benefits:

- When you exercise in a changing environment, your body has to adapt. Walking, hiking or running on different surfaces can strengthen your connective tissues, which can help you avoid injury.
- When you go to a local park or use a nearby trail in your neighborhood, you can meet people in your community. Being connected and having positive relationships can help improve your mental health while you improve your physical health.
- If you make it a priority to spend family time outdoors, you show your children that physical activity can be fun. Get your heart pumping by going for a hike, riding bikes or playing a sport in your backyard or at your favorite park.
- Research shows that outdoor exercise can make you feel revitalized and increase your energy level. It can also decrease tension, confusion, anger and even depression.

THE IMPORTANCE OF PARKS AND RECREATION

- Parks are proven to improve air and water quality and produce a habitat for wildlife. They provide a place for children and families to connect with nature and play outdoors together.
- People of all ages and abilities can use parks and recreation programs to improve their health, well-being and their lives.

POP QUIZ!

According to the National Recreation and Parks Association, what percentage of park and recreation agencies have playgrounds as an asset?

- a. 75%
- b. 80%
- c. 85%
- d. 90%

JUNE ANSWER

c. 540 people



HEALTH MYTH BUSTERS SUNSCREEN EDITION



I can skip sunscreen.

Sunscreen is not just for sun lovers. If you are going to be outdoors, you should wear sunscreen. You can even get a sunburn on a cloudy day!



The SPF in my makeup is enough.

It is good to have sunscreen in your makeup, but it's not enough protection for the day. Try using a moisturizer that has at least an SPF of 30.



A little sunscreen will get me through the day.

Sunscreen goes away with time and should be applied every 2-4 hours. To cover your whole body you should use about 1.5 oz of sunscreen.



Lotions, sprays and sticks work differently.

There are no real major differences. If you like a product, you are more likely to use the product. So choose something that works for you!



Last year's bottle is still ok to use.

If you are using the correct amount of sunscreen and applying it every 2-4 hours, you shouldn't have sunscreen leftover from last year.

SUCCESS STORY

MEMBER

62-year old female
Healthy Eating Guidance

GOAL

To lose weight by eating healthier foods and exercising more.

OUTCOMES

From 2016 to 2017, total cholesterol went from 215 to 172, LDL from 131 to 79 and HDL from 69 to 75. Member joined a walking club and has gained lots of support from this group. Also, she has cut down on bread and limits her fried food. The member's coach helped her understand how to improve her nutrition and activity levels.

IN HER OWN WORDS

"I have more energy and I am enjoying life!"



Patriotic Smoothie



From A Mom's Take: <http://www.amomstake.com/patriotic-layered-smoothie-recipe/>

Ingredients - 3-4 Servings

- 1 frozen banana
- 1 cup vanilla yogurt
- 1/2 cup frozen cherries
- 1/2 cup frozen blueberries
- 1 cup acai juice
- 1/4 cup milk
- 1-1/2 cups ice

Directions:

1. In a blender, combine 1/4 banana, 1/4 cup yogurt, 1/2 cup cherries, 1/2 cup acai juice and 1/2 cup ice. Blend until smooth and divide among 3-4 glasses.
2. In a blender, combine 1/2 banana, 1/2 cup yogurt, 1/4 cup milk and 1/2 cup ice. Blend until smooth and divide among the glasses.
3. In a blender, combine 1/4 banana, 1/4 cup yogurt, 1/2 cup blueberries, 1/2 cup acai juice and 1/2 cup ice. Blend until smooth and divide among glasses.



COACH'S CORNER

Create your success village.

Think of others who may have similar goals as you. See if they would be interested in making your activities a team effort. Set a regular time and day for your success village to meet. Celebrate each other's successes and efforts. Encourage each other through challenging moments. Make your efforts a team effort... and your goals a team goal.

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