

EMPLOYEE HEALTH NEWS

EMPLOYEE HEALTH AND FITNESS COMMITTEE

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Click [here](#) for the Summer 1 Group Fitness Schedule.



Summer Safety

Summer is an exciting time where we enjoy the benefits of being outside (with sunscreen), planning family trips, or enjoying time with friends.

Here are some tips to help you have a safe summer.

- **Relax:** Find something that you can do for yourself. Exercising, being with friends/family, meditation, reading a book, or whatever brings you joy.
- **Stay Hydrated:** It's HOT in Texas. Make sure you are drinking at least 1/2 your body weight in ounces of water each day.
- **Wear Sunscreen:** Reduce your risk of skin cancer by wearing sunscreen daily. Aim for SPF 30 or higher, wear a hat, stay cool, and avoid too much time in the sun.
- **CPR Certification:** Summer can bring fun around the pool, lakes, ocean, or outdoor activities. Get CPR/AED/First Aid Certified. Contact Angie Reay for more details.

Sleep Health

According to the [CDC](#), about 1/3 of US adults report they get less than the recommended amount of sleep. Adults should get around 7+ hours each night for optimal health. Sufficient sleep is essential for a healthy lifestyle.

Consequences of not getting enough sleep?

Diabetes, cardiovascular diseases, stroke, obesity, and depression.

Tips for Better Sleep...

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phone at least 1 hour before bed.
- Avoid large meals, caffeine, and alcohol before bedtime.

Visit the [Centers for Disease Control and Prevention](#) for more info.

Summer Treat: Frozen Yogurt Pops

Ingredients

- 1 Cup Yogurt- Plain
- 1 Medium Banana
- 1 Cup- Mixed frozen berries
- 1/8 Cup- Honey

Directions

Toss all ingredients into a blender and puree. Divide evenly between paper cups. Cover with aluminum foil and pierce foil in center with popsicle sticks to hold sticks in place. Freeze for 4-5 hours or until solid.



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