

## YOUR GAMEPLAN TO LIVE

### Hot Weather Safety

When performing physical activity for long hours, playing outdoors, or doing yard work for an extended period - one of the most important things you need to consider **ESPECIALLY** during the hot summer months is staying hydrated and taking breaks in a shaded area. Drinking an adequate amount of water is something you should pay attention to all the time, but in the hot summer sun it becomes a serious risk factor.



#### Tips to stay hydrated in the summer months:

- The best time to consume fluids is *before* you are thirsty. Consider putting yourself on a water schedule, because when you become thirsty it means your body is already dehydrated. \*You can actually purchase water bottles that have lines on it with the times of day to drink as a reminder.
- Avoid drinks containing caffeine or alcohol while in the sun or heat. These types of drinks promote dehydration. If you do consume caffeine you need to increase your water consumption even more. If you are drinking alcohol in the heat, you should drink a bottle of water for every drink you have.
- Take frequent breaks in a shaded area to cool down, which will give you the perfect opportunity to drink fluids and eat healthy snacks to replace lost minerals.
- Be sure to wear the right attire to stay cool: lightweight and light-colored clothing. A hat will protect the head and face from the sun.
- An easy way to check dehydration is in your urine color. When our bodies sense low water storage, the kidneys will begin to conserve water instead of excreting it, which results in darker colored urine. A normal urine color is very pale yellow. The more yellow your urine, the more fluids you need to drink.
- Freeze water bottles overnight to take to work with you the next day, so your water stays chilled.

#### IMPORTANT FACTS TO KNOW:

##### Signs of Heat Exhaustion

- ✓ Cool, moist, pale, flushed or red skin
- ✓ Increased sweating
- ✓ Tiredness
- ✓ Headaches
- ✓ Fainting, nausea or vomiting
- ✓ Fast, shallow breath, dizziness
- ✓ Muscle cramps, weakness
- ✓ Rapid pulse

##### Signs of Heat Stroke

- ✓ Very high body temperature
- ✓ Rapid pulse
- ✓ Shallow breathing
- ✓ Hot, red, dry skin
- ✓ Confusion
- ✓ Throbbing headache
- ✓ Nausea
- ✓ Failure to sweat
- ✓ Unconsciousness
- ✓ Seizures

### Berry Spinach Protein Smoothie

#### Ingredients:

- 1 serving protein powder
- 1 cup frozen organic berries (your choice)
- 1/2 frozen banana
- 1 to 2 cups fresh organic spinach
- 2-3 cups water

#### Directions:

Start with 2 cups water (you can substitute unsweetened almond milk or green tea). If desired, add a tablespoon or two of flax or chia seeds. Blend until smooth. Add more water if too thick.

Makes one large serving or two small.

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### Additional American Heart Association Recommendations:

- To make sure that you are adequately hydrated, weigh yourself first thing in the morning after using the bathroom. If you are 2 pounds less than normal, you are likely dehydrated and you should rehydrate yourself by drinking plenty of water, especially if you are doing anything physical.
- If the temperature is above 70 degrees outside, your chance of dehydration is greater than if it is cooler. To stay hydrated, sip water frequently, and be sure to drink before, during, and after any vigorous activity.

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/heat>

<https://www.heart.org/en/health-topics/consumer-healthcare/protect-your-heart-in-the-heat>

## Exercise... Push Yourself and Switch it Up!



People often get into the same exercise routine day in and day out. This is great in the sense that you found something you like and can stick with. But at the same time, you should try to vary your routine at least a little bit, and you should keep challenging yourself! After a certain point, your body won't change anymore as it becomes used to doing the same workout every day.

Example: You walk on the treadmill every day for 35 minutes. Next time, try adding a few sprints in between walking; or try walking a little bit faster, or experiment with different inclines. This is interval training. Changing the intensity of the workout has been known to burn more calories, and it will rev up your fitness. Try a different cardiovascular exercise machine or activity altogether such as: Elliptical Machine, Stepper, Swimming, or try a class or workout video that challenges your current fitness level. Trying out various activities is a healthy thing to do because you can vary the pace, body parts, and intensities.

If you normally focus on cardiovascular exercise more than strength and flexibility, try to change your focus for a while to catch up with how well you are doing with the other two. Instead of spending most of your time at the gym on a cardio machine, spend most of your time on the weight machines, or try a class like Pilates or Yoga. Both work the whole body.

**If it feels like you're just going through the motions, it's not challenging enough!**

## A Protein Packed Breakfast for Appetite Control

According to a report in the *Journal of the American Medical Association*, nearly one in three American children are overweight or obese, which increases their risk for developing obesity-related chronic diseases such as diabetes, high blood pressure, heart disease and cancer. New research in adolescents indicates that a high protein breakfast containing eggs, improves appetite control.

This also holds true for adults.

Eating breakfast is important. Your body has been on a fast for 8 to 12 hours and needs fuel (food) so that it can perform properly; however, WHAT you eat for breakfast can make you feel energetic or totally fatigued. If you are eating foods high in sugar, starchy carbs and little or no protein, you will feel energized for about 30 minutes, and it is downhill from there, because your blood sugar will shoot up after your meal, but then fall back quickly, giving you that feeling of fatigue and hunger again. To remedy this, eat the type of breakfast that the Journal of the American



Image and recipe by: <https://blog.myfitnesspal.com/sausage-vegetable-egg-bake/>

## Sausage & Vegetable Egg Bake

### Ingredients:

- 1 medium red pepper, diced
- 1/2 cup diced onion
- 5 ounces frozen spinach, thawed and squeezed to remove moisture
- 2 chicken sausage links, chopped
- 6 large eggs
- 4 ounces cheese, grated
- 1 1/2 cups milk
- 3 cups bread, cubed (Italian loaf or a baguette work well)
- Black pepper, to taste
- 1 teaspoon paprika
- Optional: 1/2 tsp cayenne pepper

### Directions:

If serving immediately, preheat oven to 350°F (177°C). Alternatively, you may cover prepared mixture with plastic wrap and refrigerate overnight for baking the next day.

Combine all ingredients in a large bowl and mix until well combined. Spoon into a greased 9 inch x 9 inch baking pan.

Bake at 350°F (177°C) for 50-60 minutes, until desired degree of doneness is reached.

Serves: 4—Serving Size: 1/4 of 9"x9" pan piece.

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Medical Association recommends for adolescents (above) - a breakfast high in protein, and low or containing no sugar.

### Examples of High Protein Healthy Breakfasts:

- Egg white omelet or scrambled eggs. Use olive oil cooking spray. Add any vegetables that you like. If you like cheese, sprinkle on a *small* amount of a low-fat variety or try feta, which has a strong taste so that not much is needed. If you want toast, there are many healthy options that are low calorie, lower carb, with a higher nutritional value. A half cup to a cup of blueberries or other berries can round out your hearty meal.
- Cottage cheese and fruit.
- Protein/Fruit Shake. Try adding: a scoop of whey or plant protein, ground flaxseed or chia, frozen organic fruit, milk, water, tea, or even a tablespoon of peanut butter (powdered peanut butter is a great choice) or almond butter with powdered cocoa or cacao. Experiment!
- Good old-fashioned oatmeal. Choose an organic brand as grains can be high in pesticides. Add unsweetened almond or other nut milk, or 1% or skim milk and some berries if you like. Add a few nuts and a bit of flax or chia seed and you will have a nutritious breakfast high in protein, fiber, nutrients, and good fats
- Yogurt. A cup of plain low-fat Greek yogurt topped with berries of your choice. Sprinkle on a ¼ cup of uncooked whole oats and a few slivered almonds, pecans, walnuts – whatever you like. Add a tablespoon of honey or use stevia as a sweetener.
- Look online for nutrient dense breakfast recipes!

<http://www.ncsl.org/research/health/childhood-obesity-2009.aspx>  
<https://www.disabled-world.com/fitness/diets/special/breakfasts-egqs.php>  
<https://nutrition.org/protein-its-whats-for-breakfast/>

## Stress Management

**Stress symptoms include mental, social, and physical symptoms.** These include extreme fatigue, loss of or increased appetite, headaches, crying, sleeplessness and oversleeping. Trying to escape your stress through alcohol, drugs, or other compulsive behaviors are often indications that something is wrong. Feelings of anxiety, frustration, or apathy may accompany stress.



**Stress Management is the ability to stay calm and under control when situations, people, and events are taking their toll on you.**

### Stress Management Techniques:

- **Be aware** – Is there something you can do or change to alleviate the situation?
- **Don't over-book yourself** - Reduce the number of events going on in your life, and you may reduce your stress.
- **Remove yourself from the stress** – Take a break, even if it is just for a few moments to regroup.
- **Don't worry about the little things** – Try to prioritize what is really big and important and what you can actually just let slide for now. Make a list of all the things you have to do, and prioritize WHAT YOU HAVE TO DO, WHAT YOU COULD DO LATER, and WHAT YOU DON'T NEED TO DO AT ALL, or could delegate to others.
- **Learn how to relax** – Meditation and breathing exercises are PROVEN to be effective in controlling stress. Practice clearing your mind of disturbing thoughts. With practice, it will come easily. There are many apps, videos, books, audios, and counselors that can teach you to meditate. It is suggested that you practice relaxing through meditation daily so that it comes automatically to you when you need it most.



Photo and recipe by: <https://www.allrecipes.com/recipe/217266/roasted-yam-and-kale-salad/?internalSource=hub%20recipe&referringid=1346&referringContentType=Recipe%20Hub>

### Roasted Yam and Kale Salad

“A bright contrast in flavors makes this salad a favorite among friends and family. The yams have a subtle sweetness that pairs nicely with the caramelized onions and kale.”

#### Ingredients:

- 2 jewel yams, cut into 1-inch cubes
- 2 tablespoons olive oil
- Salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 bunch kale, torn into bite-sized pieces
- 2 tablespoons red wine vinegar
- 1 teaspoon chopped fresh thyme

#### Directions:

1. Preheat oven to 400 degrees F (200 degrees C). Toss the yams with 2 tablespoons of olive oil in a bowl. Season to taste with salt and pepper and arrange evenly onto a baking sheet.
2. Bake in the preheated oven until the yams are tender, 20 to 25 minutes. Cool to room temperature in the refrigerator.
3. Meanwhile, heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat. Cook and stir the onion and garlic until the onion has caramelized to a golden brown, about 15 minutes. Stir in the kale, cooking until wilted and tender. Transfer the kale mixture to a bowl, and cool to room temperature in the refrigerator.
4. Once all the ingredients have cooled, combine the yams, kale, red wine vinegar, and fresh thyme in a bowl. Season to taste with salt and pepper, and gently stir to combine.

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## Non DEET Mosquito and Tic Repellents – Reviews 2019

The following is an excerpt from the article entitled: *Best Mosquito Repellents for Kids and Adults 2019* (<https://mommyhood101.com/best-mosquito-repellent/>). If you'd like to read the full list in detail, please check out their webpage for the article in its entirety. They list 5 bug repellents; we list their top 3.



The number of illnesses carried by ticks and mosquitos seems to be rising every year, with Lyme, Zika, Malaria, Powassan, and other funky names pervading the news and making parents anxious about protecting their babies and kids with the safest and most effective bug sprays available. We scoured the scientific literature, the Environmental Working Group (EWG) website, the Centers for Disease Control (CDC) publications, and researched the distribution of insects and diseases around the country. In the end, we came away with a pretty good understanding of which bug sprays and lotions are most effective against tick-borne and mosquito-borne illnesses, which are the safest bug sprays and lotions for kids, and how and when to apply them for best protection.

1. **Sawyer Premium Mosquito Repellent.** This product contains our favorite overall tick and mosquito repellent, Picaridin, at a 20% concentration, expected to be effective against both mosquitoes and ticks for about 8 hours after application. Sawyer claims up to 12 hours with this product, but we're going by the existing research in making a more reasonable claim of about 8 hours; which is exactly what Sawyer's instructions say for reapplication time (reapply after 8 hours). That's not to say it won't work after 12 hours, but the effectiveness decreases considerably with time. This is truly an excellent tick and mosquito repellent and is a great option for babies and kids over 6 months of age. There are no powerful odors, no DEET, it's less greasy than DEET, and it's effective for protecting against mosquitoes carrying Zika, West Nile Virus, Chikungunya, and Dengue, and ticks carrying Lyme Disease. Also protects very well against biting flies, gnats, chiggers, and sand flies. In our testing, we found it easy to apply with the pump-spray version, but even easier with the continuous sprayer. If you have the space to carry the larger sprayer bottle, we highly recommend it. We also found it initially a bit greasy, but after a few minutes of drying and absorption it became a nice soft protective layer. The odor was nearly non-existent, which is a nice contrast to the relatively strong DEET or the Lemon Eucalyptus smells. We wore it for 4 hours during a long hike through New England woods in June, a prime time for both ticks and mosquitoes. We applied it to ourselves and two kids, ages 6 and 8. Not only did we not get any bites, but we weren't constantly annoyed by (and swatting at) buzzing insects around our heads. We found it to be very protective, and we were confident that it would have lasted even longer if we pushed into the later evening. To apply, we put it on all exposed skin: arms, legs, ankles, and necks. To put it on our faces, we sprayed it into our hands and rubbed it on to prevent getting it into the eyes (especially with the kids). We also sprayed it lightly onto our clothing and hair. Worked excellently, and we were very impressed with it overall. With the kids, they preferred it to the smellier options, and they slept soundly that night without any giant mosquito welts, and without me worrying that they were harboring ticks! Usually sells for about \$8-10, depending on whether you get the pump or sprayer.



Image and recipe by: <http://www.eatingwell.com/recipe/266853/marinated-vegetable-salad/>

### Marinated Vegetable Salad

#### Ingredients:

- 1 medium green sweet pepper
- 2 medium tomatoes or 4 plum tomatoes
- 1 small zucchini or yellow summer squash, thinly sliced (about 1 1/4 cups)
- 1/4 cup thinly sliced red onion
- 2 tablespoons snipped fresh parsley
- 2 tablespoons olive oil

#### Directions:

1. Cut tomatoes into wedges. Cut sweet pepper into small squares. In a medium bowl, combine tomatoes, sweet pepper, zucchini, red onion and parsley; set aside.
2. For dressing, in a screw-top jar, combine oil, vinegar, the water, thyme or basil and garlic. Cover; shake well. Pour over vegetable mixture. Toss lightly to coat.
3. Let mixture stand at room temperature for 30 to 60 minutes, stirring occasionally. (Or cover and chill for 4 to 24 hours, stirring once or twice. Let stand at room temperature about 30 minutes before serving.) If desired, garnish with pine nuts (see Tip). Serve with a slotted spoon.

Tip: To toast pine nuts, spread in a shallow baking pan lined with parchment paper. Bake in a 350°F oven for 5 to 7 minutes or until golden, shaking pan once or twice. Serve room temperature.

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**2. Natrapel Mosquito Repellent.** This is another great 20% Picaridin option, with the very same effectiveness as the #1 Sawyer product. The Picaridin 20% concentration is highly effective against mosquitoes and ticks for about 8 hours before reapplication. Like the Sawyer product, they claim 12 hours of protection, but we think 8 hours is more reasonable. In our testing, we found this product to be exactly as effective as the Sawyer product. It sprayed on easily with the convenient (non aerosol) continuous sprayer, had good coverage, and protected against a ton of insects. All the same ones as the Sawyer product, of course. But it's #2 for a couple reasons. First, it's a bit harder to find and purchase than the Sawyer products, and tends to drop off websites such as Amazon in the peak of the summer months when you need it most! Second, the sprayer isn't as even misting as the Sawyer sprayer, as it tends to have some clumping/drops that come out in addition to the mist. A bit like a spray-on sunscreen. Third, in our opinion, there was too much perfume in it. One of the advantages of Picaridin is that it's essentially odorless, which is a nice departure from DEET. But they added some fragrance into this, and we didn't like it so much, and neither did our kids. So these are some small nit-picking reasons to place this as the second best bug repellent for kids and adults, especially considering that it is extremely effective and easy to use. Overall, this is an excellent insect repellent that will protect you and your kids for several hours in even the densest swamps! As with the Sawyer product, to apply, we put it on all exposed skin: arms, legs, ankles, and necks. For our faces, we put it on hands first and then rubbed it onto our face. Also put a bit on our clothing and hair, and we thought that the product worked excellently.

**3. REPEL Insect & Mosquito Repellent.** This product contains the naturally-derived Oil of Lemon Eucalyptus, which is one of the few CDC-approved insect repellents approved for repelling ticks and mosquitoes and reducing the likelihood of contracting illness. This product contains 30% PMD, is DEET-free, and works very well against ticks and mosquitoes alike. In our own testing, we found that the smell was very strong. Not necessarily bad smelling like DEET, but a strong and noticeable lemon smell. Personally, we prefer this to the odor of DEET, and given the naturally-sourced ingredients in this repellent, we think it's an excellent option. According to REPEL, it's also free of a variety of allergens and questionable ingredients, including: fragrances, petroleum distillates, dyes, formaldehyde, perfluorinated compounds, bronopol, DMDM hydantoin, BHA, boric acid, triclosan, parabens, PEG, phthalates, urea, Quaternium-15, propylene glycol, butylene glycol, sulfates, soy, nuts, milk, eggs, or gluten. However, it does contain ethanol so do not apply near a source of flame, such as campfire, grill, or cigarette. Same rules as hair spray. The product suggests that it repels mosquitoes for up to 8 hours, though in our testing we re-applied it every 6 hours and found it work very well. In our opinion, just about as well as a 15% DEET product. So, if you're looking for an excellent DEET-free insect repellent for kids and adults, this is a great option for kids 3 and older.

You can find the article in its entirety at: <https://mommyhood101.com/best-mosquito-repellent>

**At the Gameplan for Living, we know that the future of healthcare is in the prevention of illness and injuries.**

**It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!**

[www.gameplanforliving.com](http://www.gameplanforliving.com)

Questions / Support:  
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## Overnight Oats with Kefir, Berries and Toasted Coconut

This oatmeal bowl is a great on-the-go breakfast and is also made probiotic-rich with the addition of kefir. This bowl is best enjoyed cold because the active cultures in kefir are sensitive to heat. *Resist the urge to microwave the oats, keeping it chilled for maximum benefits.*

### Ingredients:

- 1 1/3 cups plain low-fat kefir (such as Lifeway)
- 2/3 cup old-fashioned rolled oats
- 2 teaspoons honey
- 1/4 teaspoon ground cinnamon
- 1/2 cup sliced strawberries
- 1/2 cup blueberries
- 2 tablespoons unsweetened coconut flakes, toasted

### Directions:

Combine first 4 ingredients in a bowl. Cover and refrigerate overnight; stir. Divide oat mixture between 2 bowls. Top servings evenly with berries and coconut.

Recipe by: By **SIDNEY FRY, MS, RD**  
RECIPE BY **COOKING LIGHT** <https://www.myrecipes.com/recipe/overnight-oats-kefir-berries-toasted-coconut>