



## WELLNESS NEWSLETTER JUNE/JULY 2007

### Relief for Headache Pain

The national Headache Foundation conducted a survey and discovered 85% of people experience headaches that are triggered by the environment. Smoke filled rooms, extreme heat or humidity, loud noises, change in weather or barometric pressure, bright lights or intense smells may trigger a headache. Following are some suggestions to help manage headache pain:

- Avoid smoke or perfume filled rooms
- Get plenty of sleep
- Avoid skipping meals
- When experiencing pain, breathe deeply to relax. Slowly inhale and exhale.
- Massage for relief
- Try detaching yourself from stressful situations by using visualization
- To lessen headache pain try using ice and heat therapy
- See your doctor if you experience headaches often or they interfere with your daily life



### Working in Hot Weather



The combination of heat, humidity and physical labor can lead to heat exhaustion or heat stroke. It is important that you

recognize the signs of heat exhaustion and heat stroke. Here are the signs of heat exhaustion:

- Dizziness
- weakness
- headaches
- mood changes;
- upset stomach
- vomiting
- fainting
- pale, clammy skin

Heat Stroke signs:

- dry, pale skin with no sweating, hot red skin
- seizures, unconsciousness

### Dive Into A Water Workout



You may love to walk, but there are times that you need or want to avoid impact on your joints. The answer may be swimming. According to

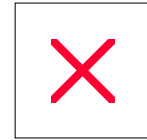
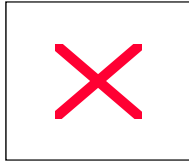
Success! magazine, swimming is winning over many former joggers. Swimming burns more calories per hour than jogging and there are less injuries swimming than running. Here are some tips to exercising in a pool:

- Find a pool that is convenient for you
- Join a water aerobics class. If you have your own pool-do exercises and walk in it each day

## Bad Storms

This is the time of year in Nebraska that we all need to be prepared for the weather. If you can recognize and deal with high risk situations you will minimize your risk of being harmed during a thunderstorm. Here are some safety tips to remember:

1. Pay attention to the local weather forecast
2. If a storm is approaching, unplug appliances and avoid using the telephone during a lightning storm
3. Avoid taking a bath or shower during a lightning storm
4. If you can hear thunder, you're close enough to a storm to be struck by lightning. Find shelter in a building or vehicle. Keep the windows closed.
5. If you're caught outside, take shelter in a low lying open area away from trees, poles or metal objects. Squat low to the ground and tuck your head between your knees with your hands covering your head. Avoid lying flat on the ground as this make you a larger target
6. Don't stand in front of a window as a flying object may hit the window and break it.



## Relay for Life: A Symbol of Hope

Mark your calendar for the Annual American Cancer Society Relay for Life. It will be held at several locations within the area. Check the website out at [www.relayforlife.org](http://www.relayforlife.org) to see a listing of locations near you. When the sun goes down, hundreds of luminarias will light the way under the stars. This symbolizes the hope and perseverance with which all cancer patients and survivors continue to fight. Hope to see you there.

## Healthy Recipe of the Month

### Sauteéd Carrots and New Potatoes

4 servings

8 -10 small red-skinned new potatoes, quartered

1 tsp olive oil

2 cloves garlic, minced

1 c baby carrots, shaved

½ tsp Mrs. Dash seasoning

½ tsp Creole seasoning

1 Tbsp chopped fresh herbs (cilantro, basil, rosemary, thyme)

¼ c. chicken stock

½ lb. frozen sugar snap peas, thawed

Place red-skinned potatoes in microwaveable dish with ¼ c water.

Microwave on high for four minutes; drain

Spray a nonstick skillet with cooking spray, then add olive oil. Heat. Add garlic to pan;

lightly sauté. Add potatoes, carrots, herbs, and seasonings. Sauté for five minutes,

adding chicken stock as needed; add sugar snap peas and sauté until crisp tender.

Recipe form Pamela Smith's Eat Well, Live Well  
117 calories, 1.5 g fat

## Bike Safety Tips:

Right now is bike riding season, but to be safe here are some quick tips to keep you and your bike in shape.

- Moderate riding should require you to lube your chain at least once a month.
- It's good practice to check your tire's air pressure at least once a week. Keeping a tire's air pressure will save you from having to buy new wheels or replace spokes.
- Use some fine sandpaper and scuff up the brakes a little. Doing this should take care of the squeaking noise you may have when you stop. Remember these tips in this summer to keep your bike up and running.