



HEALTH & WELLNESS

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Get Active in June!



June 3 World Bicycle Day

June 7 Global Running Day

June 21 International Yoga Day



Physical Activity Recommendations

30 minutes of aerobic activity, 5 days per week
(150 minutes of activity per week)

🚲 That 30 minutes can even be broken down into three separate 10 minute walks.

🚲 **Examples:** Go for a walk after each meal, ride a bike, do water aerobics, dance, or kickbox

🚲 In addition to aerobic physical activity, it is recommended to do some form of resistance training as well.

🚲 **Examples:** Lifting weights, push-ups, sit-ups, or resistance bands.

Tips to Increase Physical Activity

👉 **Start small**— Add in a 10 minute walk at lunch, start taking the stairs instead of the elevator, take a group class a few days a week, or walk the dog 1 extra day per week. Several small changes can really add up!

👉 **Choose activities that you enjoy**—choosing things that you are already able to do and can do regularly can help you stick to a routine.

👉 **Alternate activities**—this prevents boredom and challenges your body to do new movements.

👉 **Find a partner**—it is more fun and can be less intimidating to try something new when you do it with a friend.

Summer Cucumber & Tomato Salad

Yields 6 servings

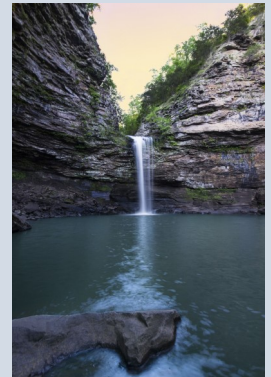
- 8 oz. cherry tomatoes, halved or quartered
- 1 medium cucumber, sliced and quartered
- ¼ red onion, diced or chopped
- 1 tsp. finely chopped fresh oregano
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste
- 2 ounces of your choice of cheese: mozzarella, feta, or parmesan



Combine all ingredients in a bowl. Season to taste and store in the fridge until ready to serve.

Where Can I be Active in Arkansas?

- ⇒ Petit Jean State Park, *Morrilton*
- ⇒ Pinnacle Mountain State Park, *Little Rock*
- ⇒ Mount Magazine, *Paris*
- ⇒ Mount Nebo, *Dardanelle*
- ⇒ Tucker Creek Trail
- ⇒ Conway Dog Park
- ⇒ Laurel Park
- ⇒ Little Rock Zoo
- ⇒ Heber Springs/
Greers Ferry Lake





BEAT THE HEAT & Stay Hydrated



Why is hydration important?

Staying hydrated is especially important in the hot seasons like summer time. Plenty of water is the key to avoid dehydration and help us cool down after physical activity.

Don't rely on the thirst sensation to be your main cue for dehydration. When an intense thirst feeling happens, it means dehydration is already happening.

Every system in our body needs water to properly function and carry out tasks. Staying hydrated helps blood flow smoothly through the body and to the organs so they can work properly to cool us down.

Water Intake Goal =

1/2 your body weight in ounces



Signs of Dehydration

- Intense thirst feeling
- Heavy breathing
- Red/pink flushed skin
- Fatigue
- Increased body temperature
- Dizziness



June is...

National Men's Health Month

Celebrate Father's Day by making sure all the men in your life are as healthy as they can be!

Men's Health Checklist

- Schedule yearly check-ups with your doctor
- Go over lab results like cholesterol, sodium, and blood pressure to make sure they are within normal ranges
- Talk with your doctor about adding a daily multivitamin
- Make time for regular exercise
- Add more fresh fruits and vegetables in your diet
- Consider making an appointment with a urologist for a prostate health exam

Happy
Father's
Day!

