

Summer Health Tips

Reminders of some summer basics to maintain your health!

Stay Hydrated – August heat can quickly cause dehydration. Signs of dehydration include headaches, sluggishness, and dizziness. To avoid this before heading outside, drink a full glass of water. While active outside, take a water break every 20 minutes. Even if you are just lounging on the deck or pool, you still need frequent water breaks. Don't forget you can also hydrate from fruit. Watermelon, grapes, and oranges are a few fruits that are high in water content.

If you enjoy a summer cocktail, keep them healthy by alternating each with a full glass of water. You can also dilute drinks with seltzer or mix in some fruit to add water content. This will help to prevent dehydration and careless mishaps.

Learn to Swim – Swimming is an enjoyable activity that can be done at any age and is a great way to keep your heart and body healthy as well as an important skill. According to the Center for Disease Control, drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years.

Keep Cool – Self-awareness is your best prevention against heat illness and heat stroke. Try to avoid outdoor activities on hot days. If you must, be sure to decrease time spent outside. If you become lightheaded, confused, weak, or feel faint, be sure to move to a cool area and get help immediately.

Protect your Skin and Stay in the Shade – Cover exposed skin and wear a wide-brimmed hat to shade your face, head, ears, and neck when outdoors. Most importantly, use sunscreen with SPF 15 or higher and UVA and UVB protection. Apply 30 minutes prior to sun exposure for best results. Continue to reapply as per instructions.

Sweet Fire Dressing

Published in The Engine 2 Seven-Day Rescue Diet and one of Smola Consulting's favorites!

Makes about 6-8 servings

1/2 cup plain oat milk (or any unsweetened plant milk)
1/2 teaspoon cayenne pepper
1/8 teaspoon smoked paprika
1/4 cup Dijon mustard or spicy brown mustard
1/4 cup pure maple syrup

Combine the plant milk, cayenne pepper, smoked paprika mustard and maple syrup in a bowl. Stir well and serve.

For additional dressings with little or no oil visit:
<https://sites.google.com/site/hgk/printablerecipes/big-list-of-no-oil-salad-dressings>

August Festivals In and Around Western New York

August 3rd-4th Park Ave Summer Art Festival, Rochester – 350 artists, craftspeople, and exhibitors from the U.S. and Canada.

August 12th – 17th Wayne County Fair, Palmyra – Family fun event with amusement rides, food agricultural displays, animals, pie judging contest, and MORE!

August 17th Moosic Fest 2019 – Jammin' with the Animals, Alton – Gates open at noon and the bands will play until the cows come home.

August 17th-18th Fiddlers' Fair, Genesee Country Museum – Over 100 musicians on four stages. Bring your own instrument and get in free!

August 24th-25th Elmwood Avenue Festival of the Arts, Buffalo – More than 170 artists and craftsmen with 50 live performances.

