



July 2018 Newsletter

Braving the Heat While Exercising in Summer

The Texas heat in July can be extreme, to say the least. So, you might be wondering how you, and your kids, can safely maintain a healthy level of physical activity while coping with the heat.

It's tempting to stay indoors when it's really hot, but staying indoors (particularly for kids) can lead to too much screen time and/or overeating. The question becomes, how can parents keep the family cool while still getting outside and staying active?

Luckily, there are ways to get the best of both worlds:

1. One of the best ways to cope with the heat is to drink lots of cool fluids (not alcohol or caffeine, as they can lead to dehydration). Water, clear juice, and sports drinks with electrolytes are the best options. A good rule when exercising in the heat is to take frequent breaks to hydrate (every 15 to 20 minutes).
2. Wear light, loose-fitting, breathable clothing and a head covering (i.e., a hat or visor). Also, use sunscreen.
3. If exercising outside (except swimming, which naturally cools us) do so in the morning or evening when temperatures are lower.

4. Eat foods with high water contents (cucumbers, berries, or melons) before your workout. Have a salty snack like nuts after the workout to replace salt lost through sweating.
5. If it's just too hot outside, your family can enjoy a great indoor workout. Use dumbbells, do lunges and squats, or dance to get a workout in the comfort of your own home.
6. Gradually increase the duration of your workout (i.e., 15 minutes the first day, 20 minutes the second).
7. Listen to your body. If you feel the need to stop...stop.

These simple steps can help you stay fit, even during the long, hot days of summer!



Sources: Adapted from The American Heart Association and <https://www.fns.usda.gov/tn/summer-food-summer-moves>

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



July 2018 Newsletter

Recipes of the Month (Adapted from the USDA Mixing Bowl and SNAP-Ed Connection)

Watermelon Fire & Ice Salsa (six ½ cup servings)

Ingredients:

3 cups of chopped watermelon
 ½ cup of chopped green peppers
 2 tablespoons of lime juice
 1 tablespoon of chopped cilantro
 1 tablespoon of chopped green onions
 1-2 tablespoons of chopped jalapeno peppers
 ½ teaspoon of garlic salt

Directions:

1. Wash the fresh fruits and vegetables.
2. Combine and mix the ingredients.
3. Cover and refrigerate at least one hour before serving.



25 Calories, 0g Total Fat, 0g Saturated Fat, 1g Protein, 92 mg Sodium, 7g Carbohydrates, >1g Dietary Fiber, 8 mg Calcium

Sweet & Salty Trail Mix (10 servings)

Ingredients:

1 ½ cups of oat circles cereal
 1 ½ cups of corn squares cereal
 ½ cup of whole almonds, chopped
 ½ cup of raisins
 ½ cup of small pretzels
 ½ cup of chocolate chips

Directions:

1. Mix all the ingredients in a large bowl.
2. Store the mix in an airtight or re-sealable plastic bag.

Note: this recipe can be enjoyed as a snack or spooned into your favorite yogurt as a dessert or breakfast.



50 Calories, 5g Total Fat, 2g Saturated Fat, 3g Protein, 90 mg Sodium, 22g Carbohydrates, 1g Dietary Fiber, 44 mg Calcium

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
 This institution is an equal opportunity provider.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.