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ASK THE EXPERT

Your Skin and the Sun

by Dani Lundgaard, ACE Personal Trainer, Intrinsic Coach®

Gardening, playing outside, enjoying the pool and whatever else we have been aching to do after a long winter are all becoming a reality with summer finally here. Sometimes, with all those busy activities, our biggest organ and one of our best lines of defense against illness gets ignored: our skin.



The sun is strongest in the United States between 10 A.M. and 2 P.M. Sounds like time a lot of us like to be outside before it gets too hot, right? Trying to go out earlier or later can help with how strong the rays are and reducing exposure. If it is unavoidable to be out during those times, try to seek shade and use it as a good time to rehydrate with water and use sunscreen.

Here are some simple tips for what to look for:

- Find a sunscreen that has both UVA and UVB protection. These are two major types of ultraviolet rays that affect our skin from the sun.
- The sunscreen you pick should have an SPF protection of 30 or higher to help give skin more protection.
- Make sure to apply sunscreen about 30 minutes before going out and then every 2 hours after that.

Lastly, go get checked. Talk with your doctor if you notice any odd spots. Check out <https://www.ecommunity.com/services/cancer-care/skin-cancer/recognize-skin-cancer-abcdes> to help with determining what to look for in order to help protect your skin the best you can by getting the information you need.

Anderson University

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Hours:

Mon.-Fri. 8:30am – 4:30pm



FITNESS

Water Fitness

by Samantha McClendon, MS, Wellness Coordinator

Water fitness is a low impact exercise which encompasses cardiovascular fitness, flexibility, and muscular strength and endurance. Being in the water reduces the weight of a person by 90%, which means there is less stress on the joints, muscles, and bones. It also reduces stress and improves heart health. Some may think that just because water fitness does not hurt like other workouts, one cannot get a good workout in the pool. The pool is a great choice for people with back problems or arthritis.



Aerobic workouts in the pool are best for those who have issues with running, kicking, leaping, or even dancing. It is important to pay attention to how you feel while in the water. Your heart rate decreases by as much as 17 beats per minute when you are in water, which may indicate your intensity level is too low, when in fact you are exercising vigorously.

The resistance of the water helps with strength training. One easy way to create resistance in the water is by cupping your hands and pulling or pushing water away from you. There is also other equipment such as paddles, foam barbells, noodles, and kickboards which can be used in the water.

A good water class should include a warm-up, cardiovascular and muscle conditioning that gradually increases and decreases intensity levels, and a cool down. The pool is a fun place to get a great workout, while surprisingly feeling calm, but energetic after the class.

For more information, visit Aquatic Exercise Association at www.aeawave.com or www.acefitness.org.



STRAWBERRY SALSA

INGREDIENTS:

1 pint strawberries, diced
 2 vine ripe tomatoes, diced
 ½ green pepper, diced
 2 garlic cloves, minced
 ¼ jalapeno, seeds removed, minced
 OR 2 shakes cayenne pepper
 3-4 tbsp finely diced red onion
 2 tbsp fresh lime juice
 1 tbsp olive oil
 1½ tbsp balsamic vinegar
 1 tsp sugar
 salt & pepper to taste

DIRECTIONS:

1. Place all ingredients in a medium bowl and stir to combine. Allow to marinate for 30 minutes before serving with tortilla chips.

Nutritional Information — Serves 10

Serving Size: ½ cup

Calories: 32	Carbohydrate: 4.5g
Protein: 0.5g	Fat: 1.5g
Sodium: 2mg	Fiber: 1g

NUTRITION

All About Berries

by Julie Christensen, RD, CD

Blueberries, strawberries, blackberries, raspberries - sweet colorful nutritional powerhouses of fruit - it's some of the candy nature intended us to eat!

When you see berries on sale this summer, be sure to add them to your shopping list as they are probably in season and that means they are at peak flavor. Packed with antioxidants, fiber, vitamin C, potassium and folate, but naturally low in fat, sodium, and calories you can't go wrong.

Certain types of antioxidants called anthocyanins are contained within all fruits and vegetables that are deeply rich in red, blue, or purple colors—like berries! Many studies have found numerous health benefits connected to higher anthocyanin intakes including slowing tumor growth and decreasing inflammation in the body but also reducing the risk of

- heart disease
- diabetes
- cognitive decline
- Parkinson's disease



Most adults and teens should try to include 1½ - 2 cups of fruit daily, and most younger children 1 - 1½

cups daily. Toss berries with low-fat yogurt, cottage cheese, or whole-grain cereals, top pancakes or leafy green salads with these juicy gems, or combine them with other cut fruit for a beautiful fruit salad. Why not create wonderful salsas, smoothies, or fruity gourmet grilled cheese sandwiches, too? Think beyond pies and fruit crisps. You can even freeze them now to enjoy all year long.

Aim to include fruit at each meal and see if berries can make it in as one of your daily fruit choices.

For further information, visit choosemyplate.gov and todaysdiitian.com.



STRESS AND MINDFULNESS

How to Instill Kindness in Your Children

by Carla Ficorilli, MS, Health Coach

With so much self-centeredness, malice, and fear in the world today, it's important to raise kids who can be kind to others and show empathy.

Instilling in our children values like self-discipline, respect and empathy is one way to start. If kids learn to understand how others think and feel, they will better understand how their choices affect them and their peers. Believe it or not, this process begins as babies. Infants are born with the ability to imitate, often imitating what they see: facial expressions, movements, etc.; and as they become toddlers words or comments. That kind of imitation lays the foundation for empathy, scientists say and the capacity for imitation is in our DNA.

Scientists believe this continued imitation can grow into empathy. As parents, we need to display a generous, loving heart that our children see in action. As parents our job is to make sure that imitation evolves into caring compassion.

Model kind behavior.

Children are some of the best copycats around, and they are likely to copy the ways they see you treat people.

The apple doesn't fall far from the tree. Children do as they see—not as you tell them. Be a role model for your child. **Provide simple, clear**

explanations about how other people feel when they are sad or hurt.

This is especially important if your child has caused these feelings in another. When this happens, be firm as you explain how these feelings work.

Treat each other with love and kindness. What you put out, they take in.



You can now get information from your health coach through social media!

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