

# EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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## AIM for Health

### WATER OR SPORTS DRINKS?

Depending on how muscular you are, 55-70% of your body weight is water. Being "hydrated" means maintaining your body's fluid level. When you sweat, you lose water which must be replaced if you want to perform your best. You need to drink fluids before, during and after workouts and events.




**What are electrolytes?** Electrolytes are nutrients that affect fluid balance in the body and are necessary for our nerves and muscles to function. Sodium and potassium are the two electrolytes most often added to sports drinks.

Generally, electrolyte replacement is not needed during short bursts of exercise since sweat is approximately 99% water and less than 1% electrolytes. Water, in combination with a well balanced diet, will restore normal fluid and electrolyte levels in the body. However, replacing electrolytes may be beneficial during continuous activity of longer than 2 hours, especially in a hot environment.



<http://www.fitness.gov>

## YOUR COMPANY'S NAME

-  Your Company's Info
-  Your Company's Info
-  Your Company's Info

## Your Safety

### TICK TIPS

During the spring and summer, ticks appear in brushy areas of Spokane County and the surrounding region. Ticks embed their mouth parts in the skin of people and their pets. Ticks can potentially transmit a variety of diseases, including Rocky Mountain Spotted Fever, Tick Paralysis, Lyme Disease, and Relapsing Fever.

Inspect for ticks at least twice a day when in brushy areas. Pets should get the same attention. Although insect repellent and proper clothing provide some protection, ticks often find some accessible body area (scalp, ankles, beltline, etc). To be safe, inspect the body for ticks.

**Remove** an embedded tick using tweezers or gloved hands. Grasp the tick's head gently as close to the skin as possible and pull with a steady, gentle motion until it releases. Caution: Do not grasp the tick by its body. This could cause the tick to transmit disease to the victim.

**Wash** the bite area thoroughly with soap and water and apply an antiseptic. Then carefully wash your own hands with soap and water.

**If possible, save the tick** in a closed container. To maintain moisture, include several blades of grass with the tick. Ticks may be stored this way, preferably refrigerated (not frozen) so they do not become dried up. Keep a record of the date and location of the tick contact.

Should any unusual signs of illness develop within 14 days, such as fever, muscle pain and weakness, severe headache, or rash, consult your physician. Inform your doctor of the tick bite and provide him with any tick specimen you may have saved. If no illness occurs within two weeks, discard the tick.



**Repellents:** If ticks are abundant, you can use an insect repellent. The most common tick repellents contain DEET or permethrin. Always thoroughly read and follow the manufacturer's directions and precautions.

[www.srhd.org](http://www.srhd.org)

## JUNE IS HOME SAFETY MONTH

During June, the Home Safety Council (HSC) is working educate and motivate families to take actions that will increase the safety of their homes.

Ask Americans where they feel safest and most will say their own home. However, unintentional injuries in the home result in nearly 21 million medical visits on average each year.

### Your home safety plan should include:

- Poison prevention
- Drowning prevention
- Falls prevention
- Preventing choking and suffocation
- And, preventing fires and burns...

Visit the Home Safety Resource Center at [www.homesafetycouncil.org](http://www.homesafetycouncil.org) to review and download free information, including posters, brochures, safety checklists and additional tips to help safeguard your family.

## Calendar of Events

### THE MAC'S ARTFEST

June 4; 25<sup>th</sup> Annual event: Three days of great food, music, Make-It-Art for children and over 120 fine artists and craftspeople.

<http://www.northwestmuseum.org/>

### DAY HIKING: CENTRAL CASCADES

June 10; 7-8:30; REI Spokane

Author Craig Romano guidebook features hiking on cream-of-the-crop trails: Whidbey Island; Skykomish, Wenatchee, and Icicle River Valleys; the Entiat Mountains; the Lake Chelan area; and more.

Call (509) 328-9900

### CAMP COOKING BASICS

June 17, 7-8:30pm; REI Spokane

Do you want to make good meals at camp but feel unsure how to cook them? Would you like tips on what to bring and how to make the most of cooking in the outdoors? Register online at [www.rei.com/spokane](http://www.rei.com/spokane)

### EPILEPSY AWARENESS WALK

June 19, 9:30am-1pm; North Bank Shelter, Riverfront Park  
Registration for the walk is \$25 and can be obtained by visiting [www.EpilepsyNW.org](http://www.EpilepsyNW.org) or by calling 509-325-1128.

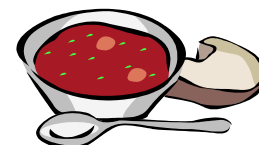
One and two mile walk options are available along the Centennial trail.

## TOP 10 WAYS TO ENJOY CANNED VEGETABLES

1. Add canned artichoke hearts, sliced beets and/or chick peas to your lettuce salad.
2. Add canned veggies to potato or macaroni salad.
3. Use canned veggies to make a rice pilaf.
4. Make a last minute tomato sauce: sauté 1 crushed garlic clove in 1 t. olive oil, add a large can of tomato puree and simmer while the pasta is cooking. Add your favorite herbs or give it extra pizzazz with some canned mushrooms.
5. Make a quick last minute salad with canned green beans, corn, kidney beans, and tomatoes. Spice it up with cilantro or hot sauce. Other great last minute combinations: canned beets, potatoes and green beans with dill, basil or thyme; canned mixed vegetables and potatoes with a warmed low fat vinaigrette and parsley.
6. Marinate canned mushrooms in your favorite low fat vinaigrette for a quick appetizer or side dish.
7. Make your own salsa with canned diced tomatoes, jalapeno peppers (to taste) and dried cilantro. Add some canned corn and/or black beans for a twist.
8. Add slivered almonds to canned green beans or pine nuts to canned corn.
9. Add canned veggies to soups, stews and chili.
10. Use a combination of canned veggies to make a quick soup.

### PASTA E FAGIOLI

- 2 Tbsp olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 2 cans no salt stewed tomatoes, undrained
- 1 can low sodium vegetable broth
- 3 cups water
- 1 can each cannellini & red kidney beans, drained
- 1 cup diced green pepper
- ¼ cup chopped fresh parsley
- 1 tsp basil leaves, 1 tsp rosemary
- ¼ tsp black pepper, ½ tsp oregano
- 4 oz uncooked small shell pasta



Heat oil in large pot over medium; add onion and garlic. Cook until onion is translucent. Stir in tomatoes with liquid, broth, beans, parsley, and spices. Bring to a boil, stirring occasionally; reduce heat to low. Simmer covered for 10 minutes. Add pasta; simmer 10-12 minutes until pasta is tender. Serve immediately with whole wheat bread and side salad.

### Makes 8 servings – Nutrition per serving:

Calories 230, Fat 5g, Cholesterol 0mg, Sodium 140mg, Carbohydrates 38g, Fiber 9g, Sugar 7g, Protein 10g, Vitamin A 15%, Vitamin C 45%, Calcium 6%, Iron 15%