

# EMPLOYEE WELLNESS

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## AIM for Health

### FIND THE RIGHT FITNESS TRAINER

#### Is the trainer:

- Certified by an accredited organization?
- Experienced or educated in exercise science, aging, and program design?
- Experienced in working with people of your age and/or with your medical condition?
- Comfortable working with the medical community?

#### Does the trainer:

- Have a passion for working?
- Listen carefully to you and answer your questions?
- Have a sense of humor and a personality that you like?

#### Has the trainer:

- Told you what you can expect from the sessions?
- Clearly explained the cost of the sessions and the cancellation policy?
- Stated that he or she is insured or bonded?
- Given you a list of clients so you can check references?

If you answered "yes" to most of these questions, the trainer could be a great fit! Ask for one or two trial sessions.

## YOUR COMPANY'S NAME

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

## Your Safety

### SHEDDING LIGHT ON SUNSCREENS

The Food and Drug Administration (FDA) is taking steps to help protect consumers from skin damage caused by excessive sun exposure.

The new measures include the following:

- Regulations on standards for testing the effectiveness of sunscreen products and require labeling that accurately reflects test results
- A proposed regulation that would limit the maximum SPF value on sunscreen labeling to "SPF 50+"
- A data request for safety and effectiveness information for sunscreen products formulated in certain dosage forms (e.g., sprays)
- A draft guidance for sunscreen manufacturers on how to test and label their products in light of these new measures.

#### To reduce your risk of skin cancer and early skin aging:

- Use sunscreens with broad spectrum SPF values of 15 or higher regularly and as directed.
- Limit time in the sun, especially between the hours of 10 am and 2 pm, when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun; for example, long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- Reapply sunscreen at least every 2 hours, more often if you're sweating or jumping in and out of the water.

More at: [www.fda.gov/ForConsumers/ConsumerUpdates/ucm258416.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm258416.htm)



## WHAT IS SWIMMER'S EAR?

Swimmer's ear is an infection of the outer ear canal. Symptoms of swimmer's ear usually appear within a few days of swimming and include:

- Itchiness inside the ear.
- Redness and swelling of the ear.
- Pain when the infected ear is tugged or when pressure is placed on the ear.
- Pus draining from the infected ear.

To reduce the risk of swimmer's ear:

Keep your ears as dry as possible. Use a bathing cap, ear plugs, or custom-fitted swim molds when swimming.

Dry your ears thoroughly after swimming or showering. Use a towel to dry your ears well. Tilt your head to hold each ear facing down to allow water to escape the ear canal. Pull your earlobe in different directions while your ear is faced down to help water drain out.

If you still have water left in your ears, consider using a hair dryer to move air within the ear canal. Put the dryer on the lowest heat and speed/fan setting. Hold the dryer several inches from your ear.

<http://www.cdc.gov/>



## NEW MYPLATE REPLACES FOOD PYRAMID

The USDA's new food group symbol, MyPlate, will replace MyPyramid. It will help consumers think about their food choices by building a healthy plate. Among the revised recommendations:

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Learn more at: [www.choosemyplate.gov/](http://www.choosemyplate.gov/)

## Calendar of Events

### CHERRY FESTIVAL AT GREENBLUFF

July 16-17, 23-24, Greenbluff, WA  
Cherry Trot Fun Run & Pit Spit – July 27, 7pm  
[www.greenbluffgrowers.com/](http://www.greenbluffgrowers.com/)

### SUMMER PARKWAYS

July 24, North Hill, 10am-2pm  
Free outdoor, family-friendly and community activities in parks and on car-free streets. Activities include ElliptiGO bike, hula hooping, TRX, Zumba, bike decorating and more.  
<http://summerparkways.com/>

### LIBERTY LAKE DAYS

July 29-30, Liberty Lake  
Friday night car cruise and street dance. Registration is free and the event is open to all classic or collectible vehicles.  
Saturday: Free carnival games, contests, & more in Pavillion Park. [www.libertylakewa.gov/liberty\\_lake\\_days/](http://www.libertylakewa.gov/liberty_lake_days/)

### ROYAL FIREWORKS & CONCERT

July 31, Riverfront Park, 9pm  
33rd annual concert and fireworks display. The event is FREE to the public. Reserved seating tickets are available.  
<http://allegrobaroque.org/>

## ISLAND SHAKE

1 medium banana  
1 mango, peeled and cubed  
8 oz. pineapple juice  
4 oz. low-fat peach yogurt  
½ teaspoon lemon zest, finely grated  
½ cups ice cubes  
Orange wedges, for garnish (optional)  
Lime slices, for garnish (optional)

In a blender or food processor, combine the banana, mango, pineapple juice, yogurt, lemon zest, and ice.

Puree until thick and smooth.

Pour into glasses and garnish with orange wedges and lime slices if using.

Each serving provides: An excellent source of vitamin C and a good source of vitamin A and potassium.

### Makes 3 servings – Nutrition per serving:

Calories: 159	Carbohydrates: 38g
Total Fat: 0.7g	Cholesterol: 3mg
Saturated Fat: 0.3g	Dietary Fiber: 2g
Protein: 2g	Sodium: 28mg