

# Union County Health Coalition

July 2010



Our Four Areas of Focus:  
Nutrition  
Exercise  
Smoking  
Teen Pregnancy



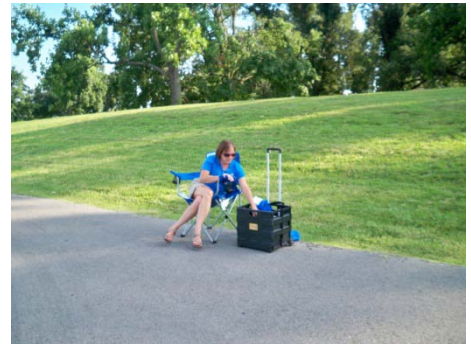
Join us at our monthly meetings on the last Thursday of each month at the Morganfield Senior Citizen Center at 8 AM.

Become a fan of Union County Health Council on Facebook

**Our New War** performs during Longest Day of Play Activities on June 16<sup>th</sup> at the Morganfield City Park. Longest Day of Play is designed to celebrate the extra hours of summer daylight with physical activity.



Union County Schools Summer Feeding Program provided a nutritious meal for those in attendance and local organizations and businesses hosted activity booths. Special thanks to: Our New War, UC Schools, Walmart, Green River District Health Department, UC 4H, Dr Laura Hancock Jones with UK Dentistry Program, Gods Great Outdoors Ministry, St Marys Hospital, Chiro Health and Wellness, Get Fit KY, UC Football Team, UK Extension Agent Melanie Bealmear, and Union County First.







# Longest Day of Play – June 16, 2010

## Practice Sun Safety, Whatever Your Age by Human Development Company (Balanced Living Newsletter)

You're never too old for the sun's rays to harm your skin. In fact, sun exposure is especially dangerous for aging skin, says Jerome Z. Litt, M.D., author of *Your Skin From A to Z*. "The skin is like a sponge and a bank. It soaks up all the rays and stores them forever," he says. "Because seniors' skin is so much thinner than younger people's skin, more rays are able to penetrate." Here are ways to protect your skin from the sun's damaging rays:

- Avoid direct sunlight when it's strongest, between 10 a.m. and 4 p.m.
- Wear protective clothing, such as broadbrimmed hats, long-sleeved shirts, long pants, and sunglasses that filter out ultraviolet (UV) light.
- Use sunscreens with an SPF of 15 or higher. Apply it liberally to exposed areas, including bald areas of your scalp.
- Avoid sunlamps and tanning booths.



## Sunscreen Smarts

No matter what time of year, you should remember to put on sunscreen when you spend time outdoors. Here are tips from the Skin Cancer Foundation on getting the most from your sunscreen:

- Choose a sunscreen that will protect you against both UVA and UVB rays.
- Spread the sunscreen evenly on all skin that is exposed to the sun. Don't scrimp on how much sunscreen you use.
- Don't forget to apply sunscreen to your lips, ears, neck, hands, feet, and scalp if your hair is thinning.
- Reapply sunscreen every two hours, or more frequently if you have been swimming, sweating, or using a towel to dry off.

Your risk for melanoma, a deadly form of skin cancer, rises if you have fair skin or hair, a family history of melanoma, a history of severe, blistering sunburns in youth, more than 50 moles, and a particular form of mole called dysplastic nevi. Along with a yearly skin exam by your doctor, you should examine your skin every three months. Ask a relative or a close friend that you trust to check areas you can't see or reach. "Look for any changes in the skin, such as spots that bleed, crust, itch, or change in texture," Dr. Litt says. Other common warning signs: new growths, sores that don't heal, and changes in the size, shape, or color of moles and birthmarks. Skin cancer can occur anywhere, but it's most common in the places that have been exposed to the sun the most (such as the head, face, neck, arms, and hands). If you notice anything suspicious, visit your doctor.

For more information:

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

<http://humandev.personaladvantage.com/content>

## Here's Your Sign... by Spark People

I have a pretty long commute, so I have lots of time to think. Since January, when I started SP, my commute thinking has changed. Rather than be consumed by work, I am consumed by figuring out health. And, I am liking this new thinking. Wednesday's commute was one in which I realized how different my thinking has become. I chuckled as I thought about a few SIGNS of changed thinking... Here are a few.

### You know you are getting healthy when...

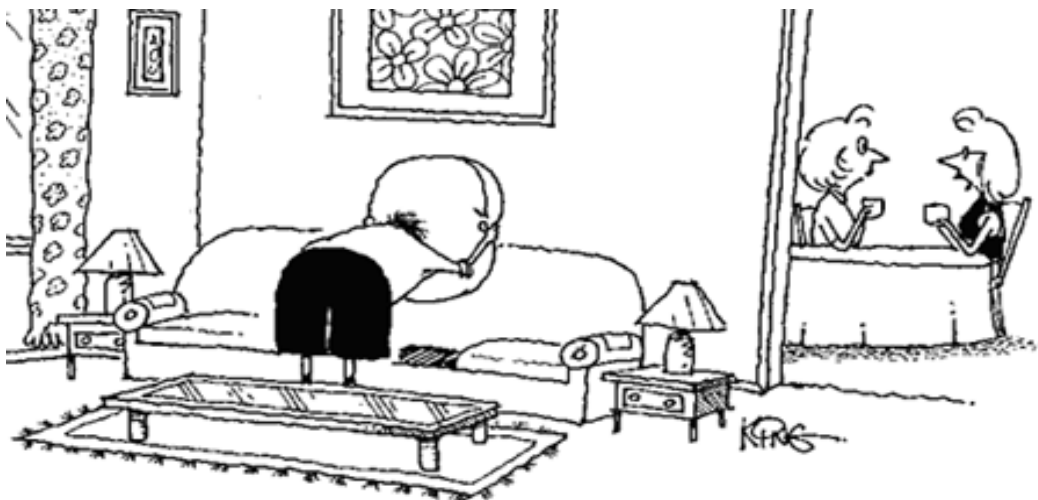
- .... you start thinking about water in terms of ounces rather than glasses.
- ... you start thinking about shorter ways to get to the gym rather than thinking about ways to get around it.
- ...you are excited when the doctor FINALLY gives you a green light to exercise rather than dreading he might tell you to get off your butt to exercise.
- ... you think twice about eating out rather than eating out twice.
- ... grocery shopping actually takes a lot of time because you do a double take on every ingredient label rather than scarcely glancing at anything beyond the price.
- ...you eye the couch as the most convenient place to store your weights rather than the most convenient place to store the weight of your rear.
- ... you curse at the architects of parking places that seem way too close to the front door of the supermarket rather than obnoxiously far away from the closest entrance.
- ...you realize there are not enough triathlon magazines at the store rather than thinking that the manager is wasting good book space for magazines only elite athletes will purchase.
- ...you take pictures of Starbucks advertising because it just shocks you for its clever, blatant and manipulative fattening of America. (sorry Starbuck's fans...) rather than getting reeled in. (and yes, I really did take two photos last week!)
- ... you find yourself salivating over different kinds of running shoes rather than looking for the cheapest tennies after the ones you own get holes in both soles.
- ...you relish in the burn of a good workout rather than stop as soon as anything tingles at the slightest!

Those are just a few of my SIGNS! It's kind of fun to make this list! I started off with about 2-3 and ended up thinking of more! Try it!!

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Union County Health Coalition is on the hunt for a tagline. If you have one to share, send it to [tbelt@ucbwest.com](mailto:tbelt@ucbwest.com).

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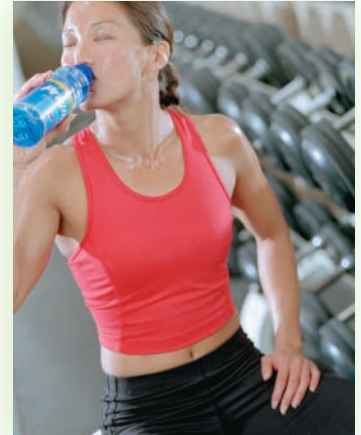
The doctor said he needed more activity. So I hide his T.V. remote three times a week.

# FITNESS HANDOUT

## Creating a Smart Hydration Plan

Staying properly hydrated during exercise is essential to help you feel and perform at your best. Research shows that just a small percentage change in body weight, due to a loss of fluid from sweat, can place a big strain on your body during exercise.<sup>1</sup>

The following information provided by the Gatorade Sports Science Institute can help you put together a smart hydration plan to get the most out of your workouts and active occasions:



### HOW MUCH TO DRINK

After a long workout, when you lose a pound or two of weight, you may think this is fat loss. However, rapid weight loss is an indicator of fluid loss and not of desirable body-weight change.

- When you lose this type of weight, **you're losing fluids that your body needs to perform and function properly.** That's why it's important to replace the amount of fluid lost in sweat so you are able to feel and perform at your best.

Sweat rates vary from one person to the next. Therefore, the best way for active people to stay properly hydrated is to **know your own sweat rate and drink to match your fluid losses.** An easy way to gauge your hourly sweat rate is by using the following equation:

#### Sweat Rate Equation

Weight lost during exercise (in ounces)

+

Fluid consumed during exercise (in ounces)

=

The amount (in ounces) you **SHOULD** be drinking to replace sweat losses

*Note: This does not account for any urine loss if a person needs to stop during exercise and use the restroom.*

**Note:** As a helpful indicator, typically one gulp of fluid equals one ounce.

### SWEAT RATE EQUATION EXAMPLE

Let's say you're a 130-lb female, and after a 1-hour intensive workout, you lost half a pound. During that hour, you also drank 24 ounces of fluid. Using the sweat rate equation:

- $(130 - 129.5) = 1/2$  lb. of fluid loss = 8 oz. of weight (in fluid) loss
- Now, add to that how much you drank during that hour:  
 $8 \text{ oz.} + 24 \text{ oz. of fluid consumed} = 32 \text{ oz. of body fluid loss per hour}$

**Your total hourly sweat rate would, therefore, be 32 ounces** (8 oz.+ 24 oz.), and you should try to replace that full amount each hour during similar workouts. In this example, drinking 8 ounces of fluid every 15 minutes would do it. ( $32 \text{ oz.} / 4 = 8 \text{ oz. every 15 minutes.}$ )

**Note:** 1 pound of fluid loss = 16 ounces of fluid.

However, if you are unable to determine your hourly sweat rate or don't have access to a scale that measures weight loss in ounces, **a good rule of thumb is to use the following fluid recommendations** to determine how much to drink:

#### Recommended Drinking Guidelines Before, During and After Exercise

**BEFORE:** Drink 17-20 oz. two to three hours before activity and drink an additional 7-10 oz. of fluid 10-20 minutes before working out.

**DURING:** Drink approx. 7-10 oz. every 15 minutes.

**AFTER:** Drink at least 20 oz. per pound of weight loss within two hours.

# FITNESS HANDOUT

## Creating a Smart Hydration Plan



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

### WHAT TO DRINK

While there are a variety of beverage options to choose from when deciding what to drink before, during and after exercise, below are some of the more popular beverages to help with hydration:

- **Plain Water:** While plain water provides fluid that is essential for bodily function, it can be challenging for active people to drink enough plain H<sub>2</sub>O to stay well hydrated.
  - *In fact, research shows that active people and athletes tend to replenish only about half of the fluids they lose during a workout when they drink just water.<sup>2</sup> This is due to water's lack of taste and flavor, and the fact that water can shut off the thirst mechanism prematurely.*
- **Fitness Waters:** A fitness water is a lightly flavored alternative to plain water to help active people drink more.
  - *Research demonstrates that athletes and exercisers will typically drink more of a lightly flavored beverage than plain water and will therefore stay better hydrated before, during and after activity.<sup>2</sup> This translates into less risk of becoming dehydrated and affecting your physical and mental performance.*
  - *Look for a fitness water that is low in calories, such as Propel Fitness Water, that contains just 10 calories per 8 ounces.*
- **Sports Drinks:** For those who need to rehydrate and refuel for performance, a sports drink, such as Gatorade, is the optimal beverage of choice.
  - *Sports drinks contain flavor as well as electrolytes, including sodium and potassium, which replace what is lost through sweat.*
  - *Sports drinks also contain carbohydrates that fuel working muscles and fight fatigue.<sup>3,4</sup> Look for a sports drink with a carbohydrate level of about 6 percent (14 grams per 8 ounces), which has been demonstrated by research to help fuel the active body quickly and supply enough energy to working muscles.<sup>5</sup>*

### ADDITIONAL HYDRATION HINTS

- **When active, do NOT rely on your thirst.** When you are hot and sweaty, your thirst mechanism can shut off too soon, tricking your body into believing that you are not thirsty and placing you at risk of dehydration. Drinking on a schedule based upon your sweat loss before, during and after exercise can help you stay properly hydrated so that you can feel and perform at your best.
- **Fluids are NOT absorbed any faster when consumed cold or at room temperature.** Contrary to popular belief, temperature does not affect fluid absorption. You should drink a beverage at a temperature that is most appealing to you. For most exercisers, cold fluids are preferred. To keep your favorite beverage cold during a workout, freeze that bottle before you workout or head to the gym.
- **Check the color of your urine to determine your hydration level.** If the color of your urine looks like the color of apple juice, that is a good indication that you are dehydrated. If the color of your urine looks more like the color of lemonade, that indicates you are doing a good job at staying hydrated.



For more information on hydration, please visit the Gatorade Sports Science Institute Web site at [www.gssiweb.org](http://www.gssiweb.org).  
For more information on various hydration beverages, please visit [www.propelwater.com](http://www.propelwater.com) and [www.gatorade.com](http://www.gatorade.com).

<sup>2</sup> Passe, D., Sports Drinks - Basic Science & Practical Aspects, Maughan, R.S. & Murray, R (Eds.) New York: CRC Press, 2001 Chapter 3.

<sup>3</sup> Below, P.R. et al. *Med Sci Sports Exerc*, 27:200-210, 1995.

<sup>4</sup> Utter A. et al. *Int J Sports Nutr*, 7:274-285, 1997.

<sup>5</sup> Shi, X. et al. *Med Sci Sports Exerc*, 27: 200-210, 1995.