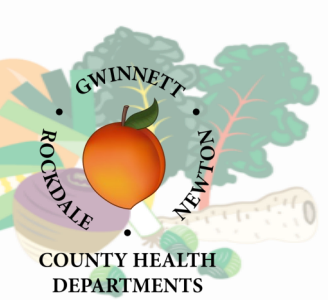


Food for Thought



Health Promotion Newsletter

September 2017

10 Tips for Exercising Safely

1. Take 5 to 10 minutes to warm up and cool down properly.
2. If you are just starting to exercise, start slowly and boost your activity level gradually.
3. Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments. Engaging in a variety of activities and resting will help you avoid injury.
4. Listen to your body. Hold off when you are sick or feel fatigued. Cut back if you cannot finish, feel faint, or suffer persistent aches.
5. If you stop exercising for a while, drop back to a lower level of exercise initially.
6. Drink plenty of water. If you are working out especially hard, choose drinks that replace fluids plus essential electrolytes.
7. Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.
8. For strength training, good form is essential. Initially use no weight or very light weight. Never sacrifice good form by hurrying to finish.
9. Exercising in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace when the temperature is above 70°F.
10. Dress properly for cold-weather workouts to avoid hypothermia. Depending on the temperature, wear layers you can peel off as you warm up. Do not forget gloves.



Health Safety Issue

- ◆ 10 Tips for Exercising Safely
- ◆ Signs of Dehydration
- ◆ Recipe of the Month
- ◆ Download AutoCoach. Upload Safety.
- ◆ How to Safely Navigate the Farmers Market

AM I DEHYDRATED? HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE
DEHYDRATION INCLUDE:



THIRST



DRY MOUTH



FATIGUE



HEADACHE



INFREQUENT
URINATION AND/OR
DARK URINE



DRY SKIN OR SKIN
THAT'S LOST ITS
ELASTICITY

Download AutoCoach. Upload Safety.

Shepherd Center, in partnership with the Georgia Governor's Office of Highway Safety, has developed the first **mobile app** developed by certified driver rehabilitation specialists for parents to teach their teens to drive safely.

- Takes the anxiety and guesswork out of how to teach your teen to drive
- Allows parents to monitor supervised driving time
- Reduces risky driving behaviors by both parents and teens



How to Safely Navigate the Farmers Market

Farmers markets offer unique local products you can't find anywhere else. As you explore farmers markets in your area, be mindful of food safety. Vendors often sell outdoors where their products are exposed to contaminants such as dirt, bugs and pollutants. Follow these guidelines to reduce your risk of food poisoning:

Grocery Totes

- Use separate totes for raw meat, produce, and bread.
- Wash your reusable totes often to eliminate bacteria.
- Avoid leaving empty totes in the trunk of a vehicle.

Fruits and Vegetables

- Shop early in the day for the best selections.
- Wash produce thoroughly under running water and dry with a clean cloth.
- Refrigerate cut or peeled produce within two hours.

Milk and Cheeses

- Buy only pasteurized milk products.

Eggs

- Eggs should be properly chilled at 45°F.

Meat

- Meat should be kept in closed coolers with adequate amounts of ice.



Recipe of the Month



Caribbean Rice

Ready in 1 hour and 15 minutes

Makes 6-8 servings

Ingredients

- 4 cups vegetable broth
- 1 onion, chopped
- 1 clove garlic, minced
- 1 (4 oz.) can green chiles
- 3 cups butternut squash, peeled and chopped
- 2 tsp. curry powder
- 1 tsp. ground coriander
- ½ tsp. ground cumin
- 1 ½ cup long grain brown rice
- 1 (15 oz.) can kidney beans, drained and rinsed
- 1 cup chopped Swiss chard

Method

1. Put ½ cup of broth into a large saucepan and add the onion, garlic, and chiles. Cook, stirring occasionally, until onion softens, about 5 minutes.
2. Stir in the squash, curry powder, coriander, and cumin, and cook for 2 minutes. Add the rice and remaining 3 ½ cups of broth.
3. Bring to a boil, reduce the heat, cover, and simmer gently until the rice is tender, about 45 minutes.
4. Stir in the kidney beans and chard and cook until they are heated through and the chard is tender, about 5 minutes.
5. Serve hot.