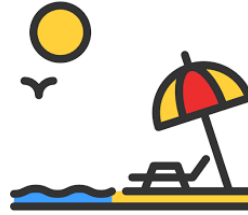


MLE - News in Health

June 2021

Healthy Habits for Summer

There are many healthy habits for summertime activities



- 1) **Choose water workouts** and make a splash as you get fit and strong.
- 2) **Add color, variety, and flavor to your** meals with fruits and vegetables fresh from your local farmers market.
- 3) **Visit museums, the zoo, or an aquarium** and walk for hours without realizing it.
- 4) When the sidewalks sizzle, **get moving indoors** with a fun fitness video, app or DVD.
- 5) **Start a small garden in your yard or in a community** patch to exercise, grow healthy food, and have fun with family and neighbors.
- 6) **Plan a weekend hike through a park**, a family softball game, or an evening walk around your neighborhood.
- 7) **Fuel your summer with nutrient-rich foods** like whole grains, fat-free or low-fat milk and cheese, seafood, lean meats, poultry, eggs, beans, nuts, and seeds.
- 8) **Drink plenty of** water before, during, and after exercise, especially when the temperature soars.
- 9) **Strengthen your muscles at least twice a week with push-ups, pull-ups, or lifting weights**
- 10) **Beat the heat with an early morning activity.** Go for a walk or bike ride while watching the sun come up.

HEALTHY TIPS: CHOOSE LOWER SODIUM FOODS

- Look for canned vegetables labeled “no added salt.”
- Items that are “pickled,” “brined,” or “cured” tend to be high in sodium.
- Making your own meals gives you more control over the salt you eat.
- Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using.
- Flavor your foods with fresh or dried herbs and spices instead of salt.



Avoid Mosquito Bites

Summer can be a bummer if outdoor fun is interrupted by the irritating buzz of mosquitoes.

- Use insect repellents. Products containing DEET, picaridin, lemon eucalyptus, para-menthane-diol, or IR3535 can be applied to skin. Follow label instructions.
- Cover up. When outside, wear long sleeves, pants, and socks. Mosquitoes may bite through thin fabric, so spray thin clothes with an EPA-registered repellent like permethrin. Don't apply permethrin directly to skin.
- Mosquito-proof your home. Install or repair screens on windows and doors to keep insects out. Use air conditioning if you have it.
- Get rid of mosquito breeding sites. Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, and birdbaths on a regular basis.



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National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day.

The NHOs in our June roundup help raise awareness about Alzheimer's & Brain Awareness, National Safety, Sickle Cell and National HIV Testing Day.



- **Alzheimer's & Brain Awareness Month**

The Alzheimer's Association sponsors [Alzheimer's and Brain Awareness Month](#) in June to raise awareness about Alzheimer's disease and other dementias. Check out and share [these Alzheimer's and healthy aging infographics](#) from the Centers for Disease Control and Prevention (CDC).

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- **National Safety Month**

The National Safety Council recognizes June as [National Safety Month](#), a time to spread the word about keeping everyone safe in the workplace — and anyplace. This year's weekly topics range from building inclusive safety cultures at work to addressing ongoing COVID-19 safety concerns. And be sure to read up on the [Healthy People 2030 Injury Prevention objectives](#).

- **World Sickle Cell Day**

The Sickle Cell Disease Association of America (SCDAA) sponsors [World Sickle Cell Day](#) on June 19 to raise awareness about sickle cell disease and the challenges that patients and their families face. Use these resources from SCDAA and [SiNERGe](#) to [shine the light on sickle cell disease](#).

- **National HIV Testing Day**

Sponsored by [HIV.gov](#), National HIV Testing Day on June 27 is an opportunity to encourage people to get tested for HIV, know their status, and get linked to care and treatment.

SECOND WEDNESDAY WEBINAR SERIES

What's Your Learning Style

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