



MY wellness

Employee Wellness Newsletter

Keep Your Exercise Cool

by Hal Edghill

Warm weather is here again and we're heading out to play! Whether a day on the water or a quick jog around the neighborhood, paying attention to how your body handles the heat can mean the difference between a good day and an ugly one.

Exercise during warmer days can be lots of fun (and safe!) if we stay aware of just a few things.

- **Exercise sensibly.** When it gets hot, first make sure you are comfortable working in the heat. It takes a couple of weeks to fully acclimate to warmer workouts.
- **Stay hydrated** before, during, and after your workouts. Drink before you get thirsty. It is easier to stay hydrated than to come back from being dehydrated.
- Use **sports drinks** carefully as they often provide sugars when what you really need is water.
- Ease up on your exercise intensity and duration. If you are trying to lose weight, **working out in warmer weather burns more calories** anyway. Just keep it safe.
- Exercise during the cooler parts of the day (mornings and evenings).
- Dress for success. Loose fitting lightweight clothes work well.

And don't forget your sunscreen for fun days in the sun!



Stretch Break!

Have you stretched today? If you are reading this, it is time to stretch now! Take a moment to stand up if you are sitting or touch your toes if standing for a stretch break! Each stretch should be to the point of resistance, not pain, and hold for 15 - 20 seconds. Try raising your arms above your head, interlock your fingers and push away from yourself for a quick stretch when tired.

Healthy Tip!

Make it a point to schedule a health screening appointment this month - health benefit changes are effective July 1!

Monthly Events

4 Independence Day

17 Wellness Wednesday Walk

Independence Day - Fourth of July
July 4, 2018 / National Holiday - campus closure

Wellness Wednesday Walk
July 18, 2018 / 10:30 am / SJC @ Eagle MVC @ Café / THEC/TEC @ Ent. / SGP @ 100



Inspiration - Reflection

by Nicole Piña

Sitting on the dock of the bay, watching the tide roll...the song reminds me of the lazy days of summer where relaxation is key. When you find yourself in relaxation mode when the temperatures rise, take a moment to reflect. Step back from your busy schedule to make better decisions and find what is missing or plentiful in your day-to-day.

Try this great exercise offered via samhsa.gov to reflect on the 8 dimensions of wellness:

- **Emotional**—How do you cope effectively, practice self-acceptance or create satisfying relationships?
- **Environmental**—In what ways do you create health by environments that support your well-being?
- **Financial**—Are you prepared for financial expenses, both short and long term?
- **Intellectual**—Are you open to new ideas or finding ways to expand your knowledge and skills?
- **Occupational**—Do you have personal satisfaction and enrichment from your work?
- **Physical**—Is eating healthy foods, getting enough sleep and physical activity a priority for you?
- **Social**—What types of connection, belonging, and support systems are meaningful to you?
- **Spiritual**—Are you expanding a sense of purpose in life according to your beliefs?

Take the time to ask yourself these important questions to gain a better understanding of you - your emotions, strengths, weaknesses and what motivates you for self-awareness to build *your* best life.

Water Safety

Water play is fun! Swimming in a cool pool, wading in the ocean waves or boating on a serene lake is some of the best of summer activities. Make sure your water activities are safe and free from accidents this year by following these simple water safety tips:

- Learn to swim - enroll the family in swimming lessons or teach your children how to swim.
- Never assume someone else is watching a child at the pool, beach or lake.
- For infants and toddlers, an adult should be in the water and within arm's reach, providing "touch supervision." Don't use flotation devices as a substitute.
- Avoid alcohol when swimming. It impairs your judgment, balance and coordination.
- Empty portable pools when not use.
- Have a telephone close by while using a pool/spa, on the boat, at the lake or the beach.
- Assign and fit each member of your onboard team with a life jacket prior to your boating departure.
- Swim with a buddy and obey lifeguard instructions or pool rules.
- Don't think you'll hear a someone who's in trouble in the water - they will not splash to alert they are in trouble.
- Always pay attention during water play to keep safe.

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Our backs tell stories
no books have the
spine to carry
- *Rupi Kaur*



MSJC Employee Wellness