



MY wellness

Employee Wellness Newsletter

Stay Hydrated through Food

In the warm summer months, it is important to stay hydrated. Not drinking enough water can cause you to become dehydrated, make you feel tired, cause headaches, lower your blood pressure, and cause muscle cramps. There are many foods with high water content that can provide that additional hydration for you during the day if you are unable to drink the recommended daily amount of 2 liters of water.

Try snacking on cucumbers and carrots with hummus or add these veggies to an iceberg lettuce and spinach salad with wedged tomatoes for a super hydrating side to your meal. For your outdoor gatherings, cut up veggies such as green bell peppers, zucchini, broccoli, and cauliflower and have a cool ranch or tzatziki dip available to hydrate your party guests.

Fruit salads are also a great way to eat your hydration. Cut chunks of cool, juicy watermelon and combine with delicious cantaloupe melon, sweet strawberries and even starfruit. Top off with a small dollop of whip cream and you have a tasty low-calorie and hydrating dessert for summertime.

All foods listed have a high water content (over 90%) which not only help you stay hydrated, they also add important nutrients such as vitamin A & C, fiber, folate, potassium, lycopene, and antioxidants. Add color, nutrients and hydration to your plate this summer!

Percentage of water content

Broccoli 90.7%	Spinach 91.4%
Cantaloupe 90.2%	Tomatoes 94.5%
Cauliflower 92.1%	Starfruit 91.4%
Cucumbers 96.7%	Strawberries 91.0%
Carrots 90.4%	Watermelon 91.5%
Green bell peppers 93.9%	Zucchini 94.0%



Photos: Veronica Jones, Center Photo: Grupo Samba Rio Facebook

Dance!

by Veronica Jones

Last Sunday, I went to the **2019 Carnaval** celebration in San Francisco. The theme this year was “La Cultura Cura / Culture Heals” in the spirit of resistance and healing. This was an invigorating experience, full of life, vibrancy, dance, visual expression, and the food, wow! Best of all, my niece Vanessa performed with the Grupo Samba Rio. Now that the school year has ended, it’s time for us all to gear up for summer. For your wellness, venture out, seek new scenery for inspiration, and dance to your own music.

Healthy Tip!

Have an attitude of gratitude! Be grateful for all the good things in your life - big or small!

June Events

19 Wellness Wednesday Walk

Wellness Wednesday Walk

June 19, 2019 / 10:30 am / SJC @ Eagle MVC @ Café /THEC @ Ent. / SGP @ 100



Photo: Eric Muehlebach

Exercise and Fitness - Hiking

by Eric Muehlebach

Hiking is an excellent way to get in shape for the summer while clearing your mind and exploring all that Southern California has to offer. From Idyllwild and Big Bear, to the Santa Rosa Plateau and Crystal Cove, there are a variety of trails and different scenery for all fitness and skill levels. The fresh air, variety of flora, and amazing scenery also make the time go by quickly and make it feel like you're not exercising at all.

The physical benefits of hiking are vast and can help improve blood pressure, lower your risk of heart disease, increase bone density, and build and strengthen your core and leg muscles. Hiking is also a great way to decrease stress and anxiety, and can be a fun activity to do with family and friends.

Beginners can start with short local hikes and work up to more challenging hikes that are longer and integrate hills. Most hiking trails have ranger stations that can provide information on different trail lengths, difficulty level, and elevation gain. Be sure to bring a small day pack for longer hikes that have plenty of water, snacks, and extra sunscreen. Research shows that adding a 10 - 15 pound day pack will boost your calorie burn by 10% - 15% while also strengthening your lower back.

I personally love to hike with my wife and dogs whenever I get an opportunity and enjoy getting in my exercise outdoors instead of going to the gym. For more information on local hiking trails, be sure to visit:

<https://socalhiker.net/trails/>

Swim for Health

by Nicole Piña

For a great cardiovascular workout, get in the water and swim! Swimming works your whole body to build strength, endurance, and tone muscles. Use swimming to increase your heart rate without stressing your joints or muscles. Swimming also works out your lungs, helps decrease your blood pressure, and strengthens your heart.

Swimming is an excellent way to keep stress at bay. Those systematic strokes, breathing patterns, and water resistance have a way of calming the mind. The repetition of the swimming stroke can be meditative and can boost your mood.

Everyone can reap the rewards of swimming. Teach your children to swim at a young age or enroll them in swimming classes for safety and fun exercise. People with arthritis, disabilities, injuries, or asthma may choose swimming to reduce pain and stiffness. Talk to your doctor before beginning a swimming exercise plan.

If you are interested in swim lessons or community pools in our region, please visit the following webpages:

GoRecreation.Org
[City of Banning](#)
[City of Beaumont](#)

[City of Murrieta](#)
[City of Perris](#)
[City of Temecula](#)

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"Keep your face to the sun and you will never see the shadows."

-Helen Keller

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MSJC Employee Wellness