



Staff Wellness News & Events

SPECIAL FEATURE

[1. Exercising in the Summer Heat](#)

GET HEALTHY NOW PROGRAMS AND OFFERINGS

[2. Group Fitness Schedule](#)

[3. Free Health \(Biometric\) Screening](#)

HEALTHY EATING

[4. Summer recipes for staying healthy and full](#)

WINTER WORKOUTS

[5. 50 Fun Summer Activities to Burn Calories](#)

IN REVIEW...

[6. Review of Apps that can help you meet your health goals \(available on iPhone and Android\)](#)

NEW TO SCHOOL OF MEDICINE CAMPUS!

[7. Stair Master's](#)

[8. U of L Walking Trail](#)

[9. Mindfulness/Meditation Space](#)

[10. 160 seconds to a healthier you!](#)

Safety Tip!

The sun's rays, as blissful as they may feel, can be damaging to your skin in as little as 15 minutes. So before you head for the beach, or even your backyard, take a few minutes to assess the following:

- * will you have access to shade under an umbrella or tree?
- * are you wearing clothes that cover your skin (when practical)?
- * have you grabbed a hat?
- * do you have your sunglasses?
- * have you applied sunscreen (at least 15 SPF)?

Don't forget to check expiration dates on the sunscreen you may have bought last year (or longer)! For more information on staying safe in the sun, [see here](#).



Staff Wellness News & Events

1. Exercising in the Heat

By: Jamie Udeze, Health Fitness Specialist, Get Healthy Now

Keep an Eye on the Weather

Exercise and warm weather increases your core body temperature, so when combining the two exercise with caution. Take a look at the weather forecast and plan your workout for the coolest part of the day (typically the morning) if you plan to exercise outdoors.

Dress Appropriately

What you wear matters when exercising in hot weather. Wear light-colored, light weight, or sweat-wicking clothing, it doesn't absorb heat like dark and heavy clothing that will make you even hotter.

Hydrate, Hydrate, Hydrate

Make sure you drink enough fluids throughout the day to stay hydrated, especially when exercising in the heat. It is important to keep your body hydrated before, during, and after your workout. If you're sweating heavily or exercising for more than 60 minutes, sports drinks can help your body refuel and rehydrate more efficiently.

Know the Warning Signs: Heat Exhaustion and Heat Stroke

Dehydration is a serious medical condition. Exercise in hot, humid weather can raise your body's core temperature very quickly, putting you at risk of heat exhaustion or heat stroke.

Heat exhaustion is a milder form of heat-related illness that can develop several days after being exposed to high temperatures, and not getting enough fluids to replenish your body.

Signs of heat exhaustion include:

- Heavy sweating
- Muscle cramps
- Fatigue
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Dark urine
- Cool, moist skin

Signs of heat stroke include:

- Dry, hot skin (no sweating)
- Rapid, weak pulse
- Confusion
- A body temperature of above 105°F
- Seizures
- Unconsciousness

If you see a person with symptoms of heat stroke, call 911 immediately, then cool the victim (for example, move him/her to a shaded area or an air-conditioned location, or wet his/her skin with a sponge or hose).



Staff Wellness News & Events

2. Group Fitness Classes and other Wellness opportunities at Get Healthy Now!

Join in on various fitness classes being offered at Get Healthy Now this month including spin class, Water Fitness, Zumba and more! To view the schedule for this month,

<http://louisville.edu/gethealthynow/events/group-fitness-schedule>

- [Yoga at Your Desk](#)
- [Koru Mindfulness](#)
- [Nutrition Support](#)
- [Take 20 to Relax](#)
- [Highlights and Happenings](#)
- [GHN Wellness Center](#)
- [Treadmill Desks](#)

3. Free Health (Biometric) Screening

Did you know that GHN offers FREE health screening, including BMI, Cholesterol levels, Glucose levels, Blood Pressure, and Waist-to-hip ratio? Prepare now for open enrollment by getting screened so that you can accurately complete your Health Assessment and to receive the \$40 monthly premium incentive. Learn more at, <https://louisville.edu/gethealthynow/open-enrollment/free-biometric-screening>.

Additional Info: Check out the upcoming [GHN events](#) (GHN homepage link).

4. Summer Recipes

Nothing like the summer heat to encourage you to get outside and cook! Not only does cooking outside help you keep the inside of your home cooler during the hot summer months which will lower your electric bill and environmental footprint, but grilling can encourage you to engage in more outside activities! Grilling your foods can also help you retain the nutrients in your vegetables and meats, which is another win! Lastly, as if you need another great reason to fire up your grill, cooking your food over a fire can remove excess fat which drips off the grate. Try out a few of our favorite recipes for grilling outdoors.

Recipes:

<https://www.skinnymom.com/barbecue-chicken-sliders-with-jalapeno-avocado-spread/>

<http://www.foodnetwork.com/recipes/alexandra-guarnaschelli/grilled-portobello-mushrooms-with-balsamic-recipe.html>

<http://www.skinnytaste.com/grilled-peaches/>



Staff Wellness News & Events

5. 50 Fun Summer Activities to Burn Calories

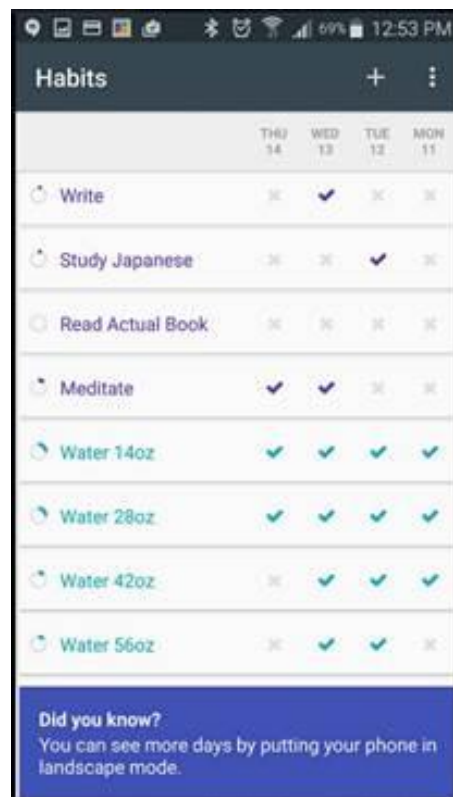
There are lots of activities you can choose from in the summer months to stay active, burn calories and have fun. Going for a bike ride, playing Frisbee, going for a hike, and even mowing the lawn are easy ways to burn calories quickly. For more ideas on ways to stay active out of the gym throughout the summer, [see here](#).

6. In Review...

Loop Habits (pactapp.com)
<http://loophabits.org/faq.html>

Loop Habits is a free app designed to assist in developing or maintaining habits. As we all know, most dietary and wellness activities include adopting and maintaining new, improved eating and wellness habits. What I like about Loop is that it is simple. No signing up or in or connecting Facebook or Google are required or supported. This easy-peasy bare-bones app simply lets you add habits, asks you how many times a week you wish to perform them, asks if you want a reminder and then BOOM, you can check them off a day at a time. The image shows how basic and unobtrusive it can be. You can track anything you want and it allows you to pick a color for certain items to categorize them. As you can see I am using purple for mental wellness activities and blue for tracking my water intake. It is not shown on the image but I also track when I take medication (if I took medication that day at that time, etc). It has been less than a week since I adopted this app as part of my lifestyle but I look forward to checking things off. Mentally I use it as a game: the more checks the higher my score! If you decide to try it out and have a question, I am always happy to help my fellow UofL

Wellness folks. Just look me up in Global. Enjoy! – Shelley Gibson, M.A., Director, Distinction Track Program





Staff Wellness News & Events

Gotta Catch 'em all!, *with PokemonGo*

My experience with PokemonGo was short but fun. I played around with the photos and I caught a few Pokemon. It lasted the first weekend it was released. However, my interest did not end there. I became obsessed with every story I saw in my Facebook newsfeed alerting me to how folks were becoming more active thanks to the augmented reality (AR, get used to the term, you will hear much more of it in the future) game that actually promotes getting up and getting out and catching the Pokemon.

I made the following observations: 1) Folks are having a blast with this game and that is awesome 2) Folks are getting up and out and even socializing thanks to this game 3) Some folks are going to be idiots, that is just the way of folks and 4) Most folks will be reasonable and do positive things with this game so I will think optimistically.

I am 100% expecting the PokemonGo “Before and After” photos to start filling up my newsfeed as soon as the adequate amount of time for such a transformation arrives. However, I also expect this to go the way of WiiFit and generally fade away into the mass collective’s memory, recalled fondly but replaced with whatever AR is the Next Big Thing. This is the world we live in. I love it.

So get out there and catch 'em all, but don't do it while you are driving. I mean, come on! And take that “Before” pic! Send it to ShelleyBrook.Gibson@louisville.edu and after a month of that 4 mile walk a day to get your PokeEggs send me the “After”. You could be featured in a future installment of the Wellness Newsletter!
– Shelley Gibson

7. Shortly you will be noticing signs in the stairwell corridors and near the elevators that will hopefully inspire Cardinals to “Take (a) Flight!” For those who attended January’s SMART program, “Physical Activity: Your Body’s Best Friend”, you will have learned that increasing movement through the workday can help reduce health risks associated with being sedentary. So grab a friend (or more!) and take the stairs to increase blood flow, calorie expenditure, and focus. It’s also a great opportunity to “reset” and connect with friends at work.

8. A New Walking Trail for HSC Faculty/Staff/Students!

The Wellness Task force is pleased to announce the development of a new HSC walking trail! The walking trail has been in the making for the last 6 months, and will encompass a 1 mile area strategically placed throughout our beautiful downtown campus. The option of walking a half mile loop inside the trail will also be outlined! The trail will soon be marked by Cardinal Bird footprints along the path. Stay tuned for the official finished product! The path will be outlined on the Wellness Task Force website, marked along HSC sidewalks, and announced in U of L Today!



Staff Wellness News & Events

9. Mindfulness Space

Soon there will be space on the HSC campus where students, staff and faculty can sit, focus on your breathing, and decompress. This space is designed for meditative purposes and will have cushions for sitting, and audio CDs with players to help facilitate mindfulness practices for those who are new to the practice, or need some guidance. More to come!

10. The School of Medicine Wellness Committee has created short fitness breaks. It is easy to sign up – <https://mobile-text-alerts.com/SMART> to enter your cell phone number. A few times each day, you will receive random break reminders with a link to the suggested activity and a short “how to” demonstration. Here is an example: <https://youtu.be/32nrcII-dsc>. That’s all there is to it. It’s a reminder to get up from your chair and do something for yourself for two minutes. Tell a co-worker! Join in the SOM Body Breaks. It’s free! (And, we won’t share your cell phone number with anyone!) If you don’t have a cell phone, you can request Body Break emails!

11. Free Yoga classes at SOM on Tuesday and Thursday mornings – More to come!!!

**Please let us know if you’re involved with a campus group that regularly gets together for walks, dancing, discussing poetry, or anything that impacts your well-being so we can help others connect with your group! Also, are you training for a race, just completed your first (or 100th) marathon? We would love to feature you in our next edition. Please write us at, mlvanw02@louisville.edu.*