

June 2008

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Ask the Expert: Staying safe in the heat



Q: I want to get in shape this summer. Do you have any tips for hot weather fitness?

A: Exercising in the heat: There are several tips to help you stay cool while exercising outdoors in the summer.

First, remember to wear sunscreen. Sunscreen with protection against UVB and UVA rays with at least an SPF of 15, according to the Mayo Clinic, can filter up to 93% of UVB rays. Remember to reapply every 30 minutes, especially if sweating.

Next, drink plenty of fluids. Water keeps you hydrated, so when you sweat you continue to have fluids to fuel the body. If you are exercising more than an hour, the Mayo Clinic suggest sports drinks. Just avoid alcohol and caffeine in the heat.

Then, Pull on light colored clothing to reflect the sun's rays. Dark colors absorb the heat and make your temperature climb. New fabrics that

wick away sweat can also keep you cool in the heat.

Finally, when exercising in the heat, it is OK to go slower or move with less intensity. Start slow and work up to the same speed, intensity, or duration. Your body needs time to adapt to the warmer temperature.

(Source: www.mayoclinic.com) — **Carrie Davidson, ACSM HFI, Wellness Coordinator**

Quick & Healthy Summer Recipe

Low-Fat Strawberry-Banana Yogurt Smoothie (Kraft Foods Web site)

Prep Time: 5 min

Total Time: 5 min

Makes: 3 servings, 1 cup each

1 cup thawed COOL WHIP FREE Whipped Topping

1 container (6 oz.) strawberry nonfat yogurt

1 cup sliced strawberries

1 medium banana, sliced

1 cup crushed ice

PLACE all ingredients in blender; cover. Blend on high speed 30 sec. or until well blended.

POUR evenly into three glasses. SERVE immediately.



Calendar

Lunch & Learn

Our encore FREE Lunch & Learn Session, “**Focus on Nutrition: What to Eat,**” is **June 11**, from 12:10-12:50 p.m., at 411 Wethington Bldg. Register at www.uky.edu/HR/wellness/lunchandlearn.html.

Need help meeting your weight loss goals?

Did you know that about 80% of Weight Loss Matters participants who complete a 10-week cycle achieve their weight loss goals? New classes begin Tuesday, July 15, or Thursday, July 17. **The registration deadline is July 11, and class size is limited.** For more information or to print a registration form, visit www.uky.edu/HR/wellness/weightlossmatters.html.

Farmer’s Market Tuesdays Are Here!

We’re going to the Farmers Market during lunch each **Tuesday** in June, July, and August, and we want you to come along. The bus ride is FREE, and you can’t beat the market for the freshest fruits and veggies in town. For more information, visit www.uky.edu/HR/wellness/farmersmarket.html.



Body Shop Summer Hours

May 5 through August 23

- Alumni hours will remain the same.
- Seaton will have extended lunch hours from 11:30-1:30 p.m..

Body Shop Fitness will be closed:

- July 4 -5
- August 25-30

Test your balance on our new BOSU Balls



The Body Shop has fulfilled another participant suggestion and now has three new BOSU balls in each facility. Challenge yourself with squats, lunges, crunches and more on the ball. We’ve also added new resistance bands for group fitness in Barker Hall.

Coming this fall: payroll deduction! Details in the July issue.