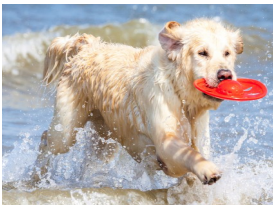


# Wellness Works Coordinators' Bulletin

**July 2018**

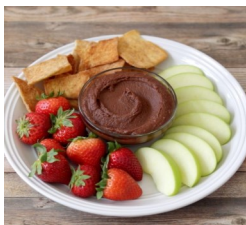
Providing your wellness committee  
with updates and relevant health  
information!



## **Avoid Summertime Exercise Slump**

Continued advice to keep exercising during the dog-days of Summer!

**Page 2**



## **Hummus Makes Me Happy**

Making a chocolate desert hummus better for you!

**Page 3**

## **Avoid the Summertime Exercise Slump**

### **Rise and shine**

Get some fresh air first thing in the morning to keep you energized all day long. Take a quick walk and do your stretches outside as soon as you wake up; try it at sunrise for a beautiful way to start your day. You'll be surprised by how cheery and upbeat you'll feel.

### **Keep Cool and Be Sun-Savvy**

Learn how to stay cool and hydrated on hot, humid days. The summer heat makes you more susceptible to dehydration, so follow these ground rules:

It only takes 15 minutes for a heat stroke to occur. When the humidity is high, sweat won't evaporate quickly and will prevent the body from releasing heat. Signs of heat stroke include: fatigue, illness, inattention, confusion, dizziness, dryness, headache, nausea and red, hot, dry skin that exceeds 103 degrees Fahrenheit.

*(Continued on page 3)*

(Continued from page 1)

Don't exercise outside when the heat index reaches 90 degrees Fahrenheit or higher. Exposure to high heat and humidity can result in heat cramps or exhaustion. The best time to exercise is early in the morning or late in the afternoon.

Drink more water than you think you need. You should be drinking water regularly, not just when you feel thirsty. Don't forget to keep drinking water even while you're indoors. This will help you stay hydrated when you do go out in the heat.



Don't drink liquids that contain alcohol or large amounts of sugar. These can cause you to lose more fluid.

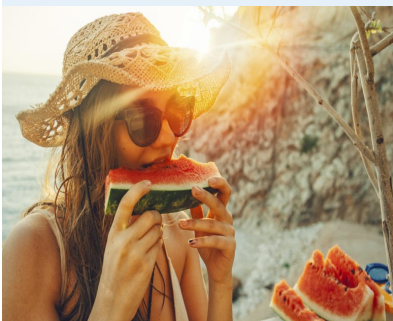
Be prepared to beat the heat. Bring a small cooler wherever you go, with water, sport drinks and snacks. Add an ice pack to help you cool off after a workout.

Understand your risk. Children ages 0 to 4 should go inside to air-conditioning every hour. Their body temperature increases three to five times faster than adults. People over the age of 65 should be very cautious not to overexert themselves, especially those with a chronic health condition like diabetes or high blood pressure. These diseases make you more susceptible to overheating.

Wear loose, light-colored clothing and a wide-brimmed hat.

Use sunscreen, and reapply as you sweat.

## **Eat Lighter Meals**



Light foods pair well with warmer weather, so take a fresh approach to mealtime. Visit your local farmers market to pick up fresh, seasonal fruits and vegetables, and get creative in the kitchen. Incorporate water-based fruits like watermelon, cantaloupe and pineapple into meals. For dessert, make your own popsicles with greens and fruits.

This applies to vacation and travel as well: If you're heading out for the day, pack a cooler with ice, bottled water, snap peas, nuts, apples (or any other fruit), sandwiches on whole-grain breads, pita chips, hummus and Greek yogurt.

## **Try a Water Workout**

Working out in a pool will sculpt your legs, core, shoulders and arms as well as improve your cardiovascular health and flexibility. Water workouts are also less stressful for your joints because the water reduces your weight and makes you buoyant. This is why many athletes perform water workouts as they recover from an injury.

But remember, water increases UVA rays by 25 percent, so apply sunscreen often and don't forget to drink water.

## **Pick a New Outdoor Activity**

So many outdoor activities are natural calorie-burners—go ride a bike, take your dog for a run or join a team sport. Hit the beach and try some body-weight exercises on your towel or take a jog in the sand.



## **Don't Lose Momentum**

# Hummus Makes Me Happy

By Abby DiPasquale

If you have had a class with me lately, you have probably heard about my obsession with chocolate hummus... it is SOOOO delicious! I have been making it my life's mission to improve the recipe a little bit and make it healthier and (drumroll please.....) I have succeeded. Below is the recipe and a few tips for making black beans healthier and cheaper. But first, a look at the competition (brand not to be named):

## The Famous Brand—

Ingredients: Steamed chickpeas, organic sugar, water, sunflower oil, olive oil, cocoa, vanilla, sea salt, nisin

<b>Nutrition Facts</b>	
Serving size	2 Tablespoons
Amount Per Serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
<b>Protein 1g</b>	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



## The New and Improved Version—

Ingredients: Cooked black beans, cocoa, maple syrup, vanilla extract, salt, water

<b>Nutrition Facts</b>	
8 servings per container	
Serving size	1/4 Cup
Amount Per Serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Sugar Alcohol 0g	
<b>Protein 4g</b>	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 2mg	10%
Potassium 248mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## To Make Black Beans in Crock Pot:

Soak 1 pound of beans in water overnight, then rinse and put in the crockpot with about 6 cups of water. Be sure there is enough water to cover through the entire time. Cook on high for 4 hours.



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## Chocolate Hummus Ingredients

- 2 cup cooked black beans, strained and rinsed thoroughly
- 3½ - 4 Tbsp maple syrup
- ½ tsp vanilla extract
- ¼ tsp salt
- 4 Tbsp unsweetened baking cocoa
- 2 Tbsp water (optional)

## Instructions

In a blender or in a food processor, combine all the ingredients except water, using just 3 Tbsp of maple syrup.

Puree until the mixture is smooth. Add water 1 Tbsp at a time to create the desired consistency. Taste the chocolate hummus and add remaining maple syrup if desired.