



Scantic Valley Regional Health Trust

WELLNESS NEWS

JULY 2023

**Health and wellness resources
for you and your family**



Hydrate, hydrate, hydrate!

If you have any questions or would like to make any suggestions about programs or content, feel free to email me at **Marcy@Scantichealth.org** or call **617-431-6651**

I would love to hear from you!

(Please note that this is my new email address)

Health & Wellness

Let's talk about the importance of hydration in the summer months

With rising temperatures and increased outdoor activities, staying properly hydrated becomes paramount. During the summer, our bodies lose water at a faster rate due to sweating and increased exertion. Failing to replenish this lost fluid can lead to dehydration, which can have serious consequences.

Regulating Body Temperature

When we sweat, our bodies cool down through the evaporation of sweat from our skin. However, without enough water, this cooling process becomes less effective, potentially leading to heat exhaustion or heat stroke. Make sure your kids are drinking plenty of water as well. Kids start having fun and forget about drinking water and can easily become dehydrated.

Supporting Physical Performance

Dehydration can negatively impact our physical performance, causing fatigue, muscle cramps, and reduced endurance. .

Enhancing Cognitive Function

Dehydration doesn't just affect our physical health; it can also impair our cognitive function. Studies have shown that even mild dehydration can lead to decreased concentration, impaired memory, and diminished mental acuity.

Water is always the best way to hydrate! Sports drinks should only be used when you are exercising for extended periods of time and sweating a great deal. Most sports drinks are full of sugar and chemicals!

Here are some common signs of dehydration to watch out for:

Thirst: Feeling thirsty is one of the initial signs of dehydration. It indicates that your body is already in need of fluids. However, relying solely on thirst as an indicator is not sufficient, as it may not accurately reflect your hydration status.

Dry or Sticky Mouth: Reduced saliva production can result from insufficient fluid intake. This might seem obvious but sometimes dry mouth is overlooked.

Dark or Decreased Urine Output: Monitoring the color of your urine can provide valuable information about your hydration levels. Dark yellow or amber-colored urine suggests dehydration. Additionally, if you notice a decrease in the frequency of urination or significantly smaller amounts of urine, it may be a sign that your body is trying to conserve water.

Fatigue and Lethargy: Dehydration can cause feelings of fatigue, lethargy, and general weakness.

Dizziness or lightheadedness: Dehydration can cause a drop in blood pressure, which may result in dizziness or lightheadedness.

Headaches: Dehydration can trigger headaches or migraines in some individuals.

Muscle Cramps: Insufficient hydration can lead to muscle cramps, particularly during physical activity. When dehydrated, the electrolyte balance in your body may be disrupted, increasing the likelihood of muscle spasms.

Increased Heart Rate: Dehydration causes a decrease in blood volume, prompting your heart to work harder to circulate blood efficiently. As a result, you may notice an increased heart rate, even during light physical activity.

Confusion or Irritability: Severe dehydration can affect your cognitive function and mood. You may experience confusion, difficulty concentrating, or irritability.

If you recognize any of these signs, it's important to take immediate action to rehydrate. Drink water or fluids containing electrolytes and, if necessary, seek medical attention, especially in cases of severe dehydration. Remember, prevention is key, so aim to maintain proper hydration levels throughout the day.

Two Cost Savings Programs

Available to employees and family members who get their insurance through the SVRHT

CanaRX

If You have prescription medications, you can save money with CanaRX. Medications on the list are free to employees who get their insurance from the SVRHT.

CANARX sets the standard for prescription medication safety and savings. Sourced in federally-designated countries, brand-name medications are shipped straight to you in their sealed, original packaging. You pay nothing thanks to the exceptional savings CANARX brings to your health plan when you use this optional program. It's just that simple.

For more information or to sign up for this cost-saving program [click here](#)
You can see if your medications are on the list [here](#)

Diabetes Program - Good Health Gateway

If you or a benefit family member has diabetes, Good Health Gateway can save you money on medications and testing supplies.

For more information on this program, [click here](#)

Fitness Tips

In the summer, it's great to get outdoors and exercise in nature! However, this summer has not been the best for outdoor activities unless you love walking, biking, or playing in the rain!

However, exercising outdoors can bring a higher level of joy and mindfulness to workout so try to get outdoors and do exercise that you enjoy!

Remember to hydrate when you exercise this summer!



If you exercise outdoors, please don't forget to do a tick check on yourself and your children!

If you want some exercises that you can do at home, I have some great options! You don't need a great deal of equipment and you don't need a large open space. These free online fitness classes are some of my favorites!

[Get Fit With Rick Walking and Rocking!](#) Rick makes indoor walking really fun! I've been watching him for years and he has grown a huge audience because he makes simple, indoor movement easy and enjoyable! You can follow him on YouTube or on his Facebook Page - [Get Fit With Rick](#)

[Yoga with Adriene](#) - Adriene takes you through at home yoga classes for all levels. She always has some free yoga challenge going on and she is loved by millions of faithful followers.



**Don't forget about Tufts Health free online
Fitness and Mindfulness classes**



Tufts Health Living Well at Home

Would you like to take a yoga class in your own home? How about developing a mindfulness practice with guided mindfulness and meditation? Or, maybe it would be fun to try a Zumba class with your family - right in your own living room!

Tufts Health Wellness Program has a number of virtual classes available at no cost to you!

Yoga

Mondays and Wednesdays



Mindfulness

Tuesdays, Wednesdays and Thursdays



**Zumba and Strength Training
Tuesdays and Thursdays**

These programs are free to everyone (you don't have to have Tufts as your insurance provider to participate).

Check out the Living Well at Home [Page Here](#)

Recipe of the Month



Crockpot Stuffed Peppers Servings: 6

What you'll need:

- » 2 lbs extra lean ground turkey
- » 1 cup brown or wild rice (measured uncooked)
- » 2 cup water
- » 6 bell peppers (appx 150g each)
- » 1 15oz can diced tomatoes
- » 1 tablespoon worchestershire
- » ¼ tsp garlic powder
- » ¼ tsp onion powder
- » ½ tsp dried basil
- » -½ tsp dried or fresh rosemary (if using fresh, chop the rosemary into tiny pieces)
- » salt and pepper to taste
- » 1 can 14oz tomato paste

Directions:

1. Cook the rice according to directions on bag. While the rice is cooking brown the ground turkey, seasoning it with a little salt, pepper, and garlic powder (around 1 tsp of each)
2. Cut off the very top of each of the peppers, and wash out the seeds and anything inside the peppers. Place the peppers inside crockpot.
3. In a bowl mix all the ingredients together (including the browned meat and cooked rice). Spoon the meat/rice mixture evenly into each of the peppers. Heap any of the extra meat/rice mixture on top of the peppers or in the bottom of the crockpot around the peppers. Place crockpot lid on and cook on high for 4-6 hours until peppers are soft. Optional: Sprinkle some cheddar cheese on top of the bell pepper before serving.

Tips:

If you wanted to make this recipe fast, you can place the peppers in a casserole dish, cover with a piece of foil, and bake for 1 hour at 350 degrees F until peppers are soft.

Serving Size: One stuffed pepper | Calories: 333 | Fat: 2.7g | Carbs: 36g | Fiber: 6.5g | Sugar: 10g | Protein: 42g

Summer Shape Up

Want to shape up this summer?
How about just stay in shape during the fun summer months?

Join the Summer Shape Up Program Starting July 17th

You will get emails twice a week with videos, recipes, workouts and all the resources you need to make this summer healthy and fun.

We will even have a few \$25 and \$50 gift cards to give away throughout the program to add a bit more incentive!

[Click here to join the Summer Shape Up!](#)



Dr. Ann Videos

Below are some of Dr. Ann's videos from May
(Click on the blue links to watch)

[Golden Guidelines for Healthy Eating](#)

[A Healthy After Dinner Treat](#)

[The Truth about Alcohol and Sleep](#)



Mindfulness and Meditation

Have You Ever Heard of Forest Bathing?

Forest bathing is not just for the wilderness-lover; the practice can be as simple as walking in any natural environment and consciously connecting with what's around you. For a more structured experience, you can join trained guides for a meditative two- to three-hour ecotherapy excursion. Here are five places to try forest bathing.

[Click here for the full National Geographic article](#)

Mindfulness allows anyone to be more present in the moment. When you practice mindfulness in nature, you might find that you are more easily present as a result of just being *IN* nature.

Nature itself has a way to activate the senses, cause you to take pause, breathe more deeply and be more present to its beauty and rhythms. Practicing mindfulness in and with nature allows you to more easily experience the benefits of mindfulness.

Nature mindfulness practice gives you more opportunities to experience ease, rest, relaxation, calm, clarity, and openness in your mindfulness practice and your life!

For the times when you can't be forest bathing or practicing mindfulness in nature

[Try this 20 minute meditation](#) by the master of mindfulness, Jon Kabat-Zinn