

# InsideOut



*It's Your Health; Own It!*

June 2016

**Also In This Issue:** Local Outdoor Activities; PLAY Health Challenge; Staying Hydrated; Fit Tip

## Summer Sun Safety

The summer months are here which means long, sunny days outside and enjoying the great weather here in the Pacific Northwest! Whether you are working outside for your job or at home, camping on the weekend, or enjoying some time by the pool, you can reduce your sun exposure by following these simple tips:

**Seek shade** whenever possible whether it is under a tree, umbrella, or in a shelter. This will reduce your exposure to ultraviolet (UV) rays that can damage your skin. Exposure to UV rays can lead to adverse health effects such as skin cancer by damaging the skin cells.

**Wear clothing and a hat** to minimize direct contact with the UV rays. Long sleeved shirts, pants, and fabrics made from tightly woven fabrics offer the best protection from the sun. Best practice is to wear sunscreen in addition to covering up. Look for a hat with a wide brim that covers your face, ears, and neck.

**Protect your eyes with sunglasses** that block both UVA and UVB rays as disclosed by the manufacturer.

**Apply a broad spectrum sunscreen** of 15 sun protec-



tion factor (SPF) or higher prior to being outside regardless of the weather. Be sure that any exposed skin is covered well with the sunscreen and re-apply every two hours or sooner especially if you have been swimming or perspiring. Lastly, check the sunscreen label for product specific information and for expiration dates. Products that are expired will not work as effectively as advertised.

Skin cancer is the most common cancer in the United States; reduce your risk by following the tips above. For more information on sun safety, check out the [Centers for Disease Control and Prevention](#).

## Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email [omchew@rl.gov](mailto:omchew@rl.gov).

### Outdoor Cardio Fitness

Learn the benefits of outdoor cardiovascular exercise and local outdoor recreation activities.

### Diabetes Awareness

Education on risk factors, intervention and prevention.

### Local Foods & Recreation UPDATED

Learn about the endless recreational activities, food markets and much more our area has to offer.

### Skin Cancer Awareness

Education and awareness of the common types of skin cancer along with screening and prevention.

### Heat Stress

Signs, symptoms and prevention of heat illnesses.

## Local Outdoor Activities

Whether you want to be healthy or just catch some fresh air, experiencing the great outdoors in the Tri-Cities and surrounding areas is worth the adventure. Check out these great ideas for outdoor fun this summer:

- Pick your own fruit at Applegate Orchards, [Bill's Blueberry Farm](#) and Ray French Orchard. If you're into picking your own boutique products, visit [Blue Mountain Lavender Farm](#) in Lowden.
- Need a new hiking or biking trail? [HikeTriCities.com](#) features over 40 hikes for all fitness levels. [Scott's Cycle and Sports](#) offers monthly rides, maps, and in-store clinics and workshops to assist with bike repair tips and basics.
- For fun with the whole family catch a baseball game with the [Tri-City Dust Devils](#).
- Cool off in one of Tri-Cities' community pools or visit [TCCC](#) or [CBRC](#) for water park fun including a relaxing lazy river.
- Sip, sample, and purchase direct from the grower at one of Tri-Cities' [farmer's markets](#).
- Paddleboard, kayak, or canoe along the Columbia and Yakima rivers by visiting [Columbia Kayak Adventures](#). Custom tours are also available.

Still don't know what to do? Try [visittri-cities.com](#) for more information on wine tasting, recreational sports, wildlife watching, sightseeing tours, and much more.



## June Health Fairs

Come visit us at a Worksite Health Fair on June 2<sup>nd</sup> or 9<sup>th</sup> as we kick off our next health promotion quarter: PLAY! We will be focusing on proper hydration habits and protection from the heat and sun. Also during this quarter, we will highlight the many farmer's markets and outdoor recreation opportunities we have in the Tri-Cities. PLAY is an important aspect of wellness, not only because PLAY is FUN, but it also encourages you to step out of your comfort zone and to move your body in different ways. See our [website](#) for times and locations of our June Health Fairs.



## PLAY Health Challenge

Get ready for the PLAY Health Challenge coming up July 5-31! Using the WellSuite Health Challenge Tracker online, or a paper copy, earn points for getting active outside. Everyone who earns a minimum number of points will be entered into a drawing for hiking book and dry bags for water adventures.

## Expo Wrap-Up

The HPMC OMS booth at this year's Health and Safety Expo featured the MEGA Lungs, a large, inflatable, walk-through replica of the human lung system. Our booth was awarded the "Best Health Message" at this year's event. We hope you were able to visit us and enjoyed this unique exhibit!



## Upcoming Health Promotion Events

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|---------|---|
| June 2  | <a href="#">Site-Wide Health Fairs</a>    |
| June 8  | <a href="#">WorkFit Train the Trainer</a> |
| June 9  | <a href="#">Site-Wide Health Fairs</a>    |
| July 13 | <a href="#">WorkFit Train the Trainer</a> |

## Staying Hydrated— How Much Water Do You Need?

Fluid consumption needs vary per individual, and several factors must be considered. The National Institute of Medicine recommends the average healthy adult male consume 104 oz. (3 liters) of fluid per day and females should consume 72 oz. (2.2 L) per day. This is the baseline. If you are engaged in exercise or working in a hot or humid environment, you need to replace sweat losses in addition to those amounts.

There are many “rules of thumb” for hydration that are widely promoted to give people an easy way to ballpark their water consumption. “Drink eight glasses of water per day” and “Take your weight in pounds, divide by two, and that is the number of ounces of water you need” are two examples. Generally, you should drink water regular-

ly throughout the day, increasing the quantity the more active you are. You should not drink so much so fast that you are physically uncomfortable. Your kidneys can only process so much at a time.

Can you drink too much water? Yes. But it is very hard. Many people are chronically dehydrated and with a typical American diet which is high in sodium, hyponatremia (too little salt in the blood) is very rare. You would have to consume gallons of water in a short time period—which is unlikely to happen in any normal circumstance. Unusual cases where this is a concern is in ultra-distance endurance sports, hazing rituals or ill-advised radio contests, illicit drug use, and with certain medications or medical conditions.

Is there one formula for fluid intake? No. You can, however, promote these methods of maintaining proper hydration (in otherwise healthy individuals):

- Hydrating throughout the day is most important. If you get thirsty, drink water.
- Drink enough water that you are urinating regularly and urine color is very pale-light yellow.
- During exercise or strenuous physical activity, drink 8 oz. every 15-20 minutes.

Those with underlying health conditions such as diabetes, kidney or heart disease, or additional health concerns should consult with their medical provider.



### **Fit Tip: Safe Fitness in Hot Weather**

Stay safe this summer by remembering these tips before heading outdoors to exercise:

**Pay attention to the weather forecasts and heat index.**

[Weather.com](http://Weather.com) and [National Weather Service](http://National Weather Service) offer heat index charts and forecasts by zip code.

**Exercise early in the day.** Temperatures can be 20-25 degrees cooler in the morning.

**Use sunscreen and wear a hat.** Also remember to wear lightweight, loose-fitting, and light-colored clothing.

**Stay hydrated.** Drink frequently, pack snacks, take breaks, and pay attention to your body.

**Have fun!** Enjoy being outside!

### **Mindful Moments With Dr. Kusch**

As trees turn green, flowers bloom, and birds return to nest here in the beautiful Columbia valley, we are pulled toward nature to experience its tranquility. Scientists are beginning to find evidence that being in natural green spaces lowers heart rate, reduces stress, and improves mood.

Mindfulness can enhance your nature experience by stripping away distractions and connecting you with your senses. On your next nature outing, try mindfully noticing details and subtle colors of the landscape, the sound of leaves and water flowing, or the many fragrances that fill the air. Then simply relax, kick back, and absorb.



We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email [omchew@rl.gov](mailto:omchew@rl.gov), or visit us at [www.hanford.gov/health](http://www.hanford.gov/health) for more resources.