

The Buzz



SUMMER TRIFECTA: FEET, FOOD & FUN!

CT Quit Line: 1-800-QUIT-NOW

CT Poison Control 24/hotline: 1-800-222-1222

The summer months are a great time to do things a little differently—we tend to kick our shoes off a little more, eat outside and picnic more frequently and often explore the outdoors a little farther from home. Be Well did a little digging to find some timely tips for taking good care of our feet, preventing food-borne illness and what's new for skin cancer prevention with some local trail ideas thrown in for fun!

Taking care of your feet during the summer is about more than just having them presentable in stylish sandals. Our feet are often forgotten about until they are causing pain or problems. This month, can you pretend that your feet are interesting and pay attention to them each day? Wash and dry them thoroughly; check for callouses and corns, and protect them from getting sun burnt. When it comes to footwear, no single style is best for everyone, although many podiatrists would recommend a standard sport-style for support and comfort. Another basic tip is to mix up your shoe selection each day: if you often wear heels, try to alternate days; if you like flats or are slipping on sandals with little support, your feet, back and legs would appreciate something more structured for footwear at least part of the day. Read more tips from the NIH on healthy feet [HERE](#)



Picnics and opportunities to travel with food are abundant, but the increasing temps bring increased opportunity for food borne illness! The CDC has some timely tips to keep your family safe and healthy:

- If it is 90°F or warmer outside, make sure to refrigerate perishable food within 1 hour (when shopping for groceries or for picnic foods).
- If you're preparing food in advance, divide into shallow containers. Smaller portions will cool quicker, and you can pull chilled portions out of the cooler or refrigerator to replenish serving trays. Bacteria grows rapidly in the danger zone between 40°F and 140°F. Remember to keep hot food hot and cold food cold. Refrigerate perishable food within 2 hours.
- When grilling, throw out marinades and sauces that have touched raw meat. Use clean utensils and plate to remove cooked meat from the grill.
- At fairs & festivals be sure food vendors have a license to sell food and that employees wear gloves and use tongs when serving food.
- Don't eat raw dough. Eggs & flour are potentially hazardous when not cooked. In recent years, there have been outbreaks of E. coli infections attributed to **raw flour**. Click below for more info.

4 STEPS TO FOOD SAFETY

CLEAN

SEPARATE

COOK

CHILL

Looking for outdoor fun this summer? Keep in mind that there are dozens of local parks, playgrounds and trails to explore every week. The EHHD has a great map of local parks; click on the map to open the brochure.

Physical Activity & Healthy Dining Map



When playing outdoors, keep in mind the guidance for preventing skin cancer. Skin cancer remains the most common cancer in the US. Over the past 10 years, the CDC and EPA haven't changed their prevention message: **Choose Your Cover!** There are multiple ways to prevent damage to skin that leads to skin cancer, and each plays a role in the overall plan: Wear sunglasses; seek shade; wear a wide brim hat; avoid mid-day sun; wear lightweight long sleeves and pants when possible; and use sunscreen when your skin is exposed.

Check out our slide show: [Choose Your Cover](#)

Sources: Health.clevelandclinic.org CDC.gov/foodsafety National Institutes of Health, Centers for Disease Control

WATER SAFETY TIPS

Water safety isn't just for children! Supervision and prevention of accidental access to pools are one aspect to water safety, but not the only considerations. The CDC reports an average of 10 drownings a day in America each year.

How can you prevent water accidents? Two key factors are the importance of **supervising** children and the **avoidance of alcohol** when around the water. Also, swimming skills help; learn to swim! Other safety aspects include:



> **CPR** performed by bystanders has been shown to save lives and improve outcomes in drowning victims. The more quickly CPR is started, the better the chance of improved outcomes.

> **Life jackets** can reduce risk. Potentially, half of all boating deaths might be prevented with the use of life jackets.

> **At the beach**, know the meaning of and obey warnings represented by colored beach flags. These may vary from one beach to another. Other tips at the beach include watching for dangerous waves and signs of rip currents. If you are caught in a rip current, swim parallel to shore. Once free of the current, swim diagonally toward shore.

Water Safety USA has great resources to keep you and your family safe while enjoying water activities.

Resources:

<https://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html> & watersafetyusa.org



CHECK IT OUT

The UCONN Rec department has an **extensive library online of classes for cardio, mind/body and strength: FREE!**

<https://recreation.uconn.edu/programs/on-demand-classes/>

Tune in, tone up!



Simple Salmon

INGREDIENTS (serves 4)

- 1 pound sock-eye salmon, skin on
- 2 cups cool water
- 3T salt
- Seasoning as desired

DIRECTIONS In a large non-stick skillet, add water and salt, place salmon in pan and let sit for 15 minutes. Remove from pan, drain off water and rinse salmon in running water. Pat salmon dry and replace in pan skin side down. Season as desired and cook over medium high heat for 6 minutes. Flip and cover pan with a lid; cook an additional 6 minutes.

Nutritional information: 160 Calories 0g Fiber 22g Protein
0g Sugars 7g Fat 1g Saturated fat

BIKE SAFETY & IDEAS FOR GETTING MORE MILES IN

Ready to pull your bike out for some summer fun? Whether you transport your wheels to trails and safe biking areas or can ride from your house, make sure you check it out before heading out.

Check it out:

- ◆ Tires—for inflation and damage (dry rot) or wear to the tread.
- ◆ Seat—set tight to a height that allows for a slight bend at the knee
- ◆ Brakes—adjusted and working
- ◆ Gears & chain—smooth transition

The National Highway Traffic Safety Administration has some great reminders that will help you enjoy the ride and stay safe. The basics include **Go With the Traffic Flow**; ride on the right in the same direction as other vehicles. **Obey All Traffic Laws**; a bicycle is a vehicle and you're a driver. Be Predictable, Stay Alert and

Look Before Turning. Remember that you can see and hear a car before they can see or hear you—ride defensively to avoid accidents.

Be Alert

Be Predictable

Be Seen

For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Web site at: www.nhtsa.dot.gov

Looking for a great place to ride?

The Airline Rail Trail runs from East Hampton to Willimantic and continues as the Airline trail up to Putnam. This packed stone dust trail goes through many local parks including Beaver Brook State Park, Goodwin State Forest, Grayville Falls Park, the Hampton Reservoir, Salmon River State Forest, and the Lyman and Colchester viaducts. Learn more [HERE](#).

Be Well is an employee wellness program provided through the Eastern Highlands Health District through funding from the CT Department of Public Health. The goal of the program is to make the healthy choice the easy choice. Email: be_well@ehhd.org

