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Wellness Works

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Summer Wellness Tips!

There's still lots of summer left, and that means lots of great ways to enhance and improve your wellness activities.

Take it Outside

If you normally exercise indoors or at a gym, summer is a great time to try something new and expand your workout. Consider going for a run – or take a hike. Gardening and kayaking are also great ways to enjoy the summer and still hit your workout goals.

Peak Produce

Farmers' Markets abound, with lots of fresh produce. Prepare a large salad with some ingredients you don't normally include, like fruit, farm fresh goat cheese, mushrooms and more. Follow that up with a refreshing fruit parfait using low-fat Greek yogurt and you've got a healthy meal that is just right for a hot summer day.

Get Wet!

Swimming or water aerobics at the local pool, beach or lake is a great way to cool off and stimulate some different muscles. Exercising in water is especially helpful for people with joint issues, as the water eases the stress on joints.

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Stress Relief

Find a quiet spot in natural beauty and just relax. Listen to the breeze in the trees, watch the sunlight flicker on the water. Lay in the shade on a hammock or gently rock on the porch watching birds in the garden. Take a deep breath, and another one and feel the stress leaving your body.

Try Something New

In summer we sometimes seem to have more energy – so what a great time to take on a new hobby or learn a new skill. Maybe this is the year you take up gardening or learn a new language.

There is a lot of fun to be had this summer, just keep the following in mind as you head out into the lovely weather!

- Stay hydrated and drink lots of water, and avoid caffeine or alcohol.
- Don't forget the sunscreen, apply it liberally and at least every two hours.
- A wide brimmed hat is good to have. It will cover your face as well as the back of your neck.
- Stay safe no matter what the activity. Helmets, kneepads, life jackets – or whatever the activity requires.
- Watch out for low water levels. With some areas experiencing drought conditions be sure to check the water level of a lake or river before you jump in. It may not be what you're used to.

