



The Wellness Watch

promoting healthy lifestyles

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Exercising through Allergy

How do you cope when allergies have you sneezing and wheezing? In addition to controlling your symptoms with medications and shots, here are some ways you can strike back.



1. Reschedule your workout.

Move your workout to your lunch break or just after work when pollen counts tend to be the lowest. Avoid the morning between 6-10am, or the evenings when it's cooling down and there's a breeze, since that's when pollen really goes crazy. Keep an eye on pollen counts locally and consider heading indoors to the gym or the pool for your workout when the count reaches more than 900 grains per cubic meter.

2. Strip down before you step inside.

You would take off muddy boots when coming indoors, so why not treat pollen the same way? If you don't, you will track pollen all over the house exacerbating your allergies. Instead, leave a fresh set of clothes near the entry way and change as soon as you get home. And remember to shower before bedtime. Otherwise, the pollen that has settled in your hair will end up on your pillowcase and you will breathe it all night.

3. Consider daily contact lenses.

Contacts trap pollen and can irritate your eyes. Rather than ditch them for spectacles, consider switching to disposable daily contacts. These can give your eyes a protective layer throughout the day and you can use fresh ones each morning.

Staying Hydrated

How much water do we need to stay hydrated, anyway? The old "8 glasses a day" is a neat rule of thumb, but hydration needs vary based on your activity level, your body size, the temperature outside, what you eat, and even your stress levels. The overall goal is to minimize dehydration without overdrinking. Adequate hydration varies among individuals.

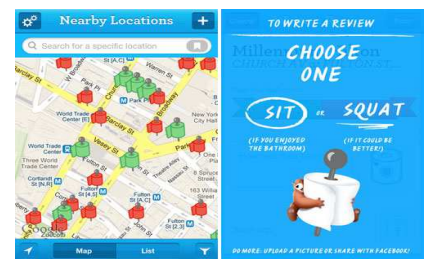
Probably the simplest test is to pay attention to your thirst. Do you notice when you get thirsty?

Another very important indicator is the color of your urine. An overall indicator of hydration status is the color of your first urine void after awakening. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice or darker, indicates dehydration. Be aware that medications, vitamins and laxatives can also discolor urine. Remember: if you are increasing your water intake, it's important to do it gradually so that you don't throw your electrolytes off balance.

Tech Corner

SitOrSquat

Now that you're fully hydrated, you might need to find a restroom! Whether you're on vacation or in your hometown, if you need to go while on the go, this is the app for you.



Featured Food: Strawberries



Can you name the top three sources of antioxidants? That's right, strawberries made that list along with blackberries and walnuts. Strawberries contain unique phenol phytonutrients, which serve as potent antioxidants. These have repeatedly been shown to help protect cell structures in the body and to prevent oxygen damage (from free radicals) in all of the body's organ systems. Phenols not only make strawberries a heart-protective fruit, but an anti-inflammatory one as well. Like non-steroidal anti-inflammatory drugs, such as aspirin or ibuprofen, strawberry's phenols block the enzyme cyclo-oxygenase (or COX). Over-active COX has been shown to contribute to unwanted inflammation, such as that involved in rheumatoid and osteoarthritis, asthma, atherosclerosis, and cancer. Specific phenolic compounds known as anthocyanins also provide strawberries with their beautiful characteristic red color.

Strawberries are extremely fragile from a nutrition standpoint. Studies show that, on average, 2 days is the maximal storage time for strawberries without major loss of vitamin C and polyphenol antioxidants. It's not that strawberries become dangerous to eat or are not valuable after 2 days. It's just that longer storage time brings with it a substantial increase in the loss of nutrients. For best nutritional value, keep strawberries in the fridge in the cold produce bins or in a storage container. Ripeness matters too, but it's easy to keep an eye on that. If you eat strawberries when they are red and beautiful, they will be at their most nutritious.

Featured Recipe:

PB & J Smoothie

From www.skinnytaste.com

Ingredients:

3/4 cup frozen blueberries
3/4 cup fresh strawberries
1 T. Peanut Butter
1/4 cup ice
3/4 cup Vanilla Almond milk, unsweetened

Combine all ingredients in the blender and enjoy!

Optional:

- Add 1/2 banana for added sweetness
- Replace peanut butter with almond butter or cashew

